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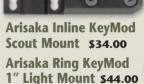
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# FIRST RUS

# TERROR IN THE HOMELAND

dvanced modes of transportation made the world smaller with the advent of airplanes in the early 20th century. Now, technology brings people from around the world right into the living room. Terrorist groups, particularly ISIS, are using ever-evolving social media platforms to reach the weak-minded and recruit them to their cause. So, not only is the threat of Islamic extremism abroad, it's also developing within the confines of our national borders.

There have been a few recent events that demonstrate the power of social media to radicalize citizens of the United States and the United Kingdom and compel them to commit acts of violence to further the agenda of Islamic extremists. Throw in the wide-open borders to the north and south, and we've got a problem on our hands most people don't know how to deal with.

These problems are stacked up on top of already news-making events such as rampant crime in certain cities and mass shootings by the mentally deranged. All these things are adding up to a scary world for us—and even worse for our children if the trend continues. In this American Survival Guide issue, one of our authors writes, "When seconds count, help is minutes away." Never has a truer statement been made.

For some reason, there is a prevailing attitude that everyone should be disarmed and that when something such as a mass shooting occurs, we should try to run or hide and hope assailants miss us during the chaos. Very rarely are people encouraged to actually fight back, especially with the tools that are the most effective.

It's time for the American people to take charge of their own safety and defense, particularly when we are away from our homes at work, school or out shopping. I'm not advocating for someone to step out and "high noon" it with an attacker or multiple attackers. What I am

speaking to is changing our mindset from that of a herd that takes flight at the signal of danger to one of a community that works as one to send the message that we won't be hapless victims anymore; that we will fight back together as a warning to others; and that we will no longer endure such aggression lying down.

There is a political distinction between terrorist attacks and other crimes, such as mass shootings or violent mobs attacking innocent passersby. To me, that distinction is inconsequential, because all of the above invokes terror in others.

The question is, What are we going to do about it? More importantly, we need to make sure we prepare ourselves for when such a moment meets us face to face. Then, we need to talk to others with whom we interact about plans to combat such an occurrence.

This American Survival Guide issue addresses various aspects of what to do in such situations, but what really counts is how we actually react when the time comes for us to decide between fight and flight. Flight works—provided we don't do it at the expense of others, in my opinion. But there are situations during which there's no choice but to fight.

If that moment comes, can you do it? Are you prepared for it? Do you have the tools and training that will effectively help you succeed?

If not, maybe it's time to start thinking about making some changes. The more prepared you are to assess the situation, decide on a course of action and effectively fight back if you must, the greater your chances are of making it home alive.

Garrett Lucas, Editor

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# REWOOLGTS

1

# **QR-30 RifleRest**

Simplicity at its best. The QR-30 RifleRest offers a sturdy, wobble-free stand ready for action in mere seconds. Just place it, and it's ready for use. The rubber shooting pad firmly grips the gun, ensuring a steady shot every time, while its three triangular base legs "lock" onto nearly any surface for a nonslip hold. The rest's one-piece design is stackable for home storage, and its integrated handle allows for easy carrying.

#### Features

- · Lightweight
- · Durable, one-piece construction
- · Nonmarring rubber shooting pad
- · Ouick and easy to set
- · Wobble-free design

#### MSRP

\$8.99

#### URL

www.MTMCase-Gard.com

2

## Sharpener and Knife Tool

A poorly sharpened knife is not only ineffective in combat and daily life, it also becomes a hazard to your safety. Correct this potentially damaging problem with the Sharpener and Knife Tool from Smith's Products.

This multifunctional tool operates as both a sharpener and portable "tune-up" kit for a wide variety of knives. It will sharpen both standard and serrated blades via a durable carbide sharpening rod. Its specialty tool will assist in removing or tightening bolts on the knife or pocket clip.

LED lights, removable wrenches and the choice of fine or coarse sharpening slots round out this amazing tool. It is perfect for fisherman, hunters, campers or anyone participating in outdoor activities.

#### **Features**

- · Removable LED light with three modes
- $\cdot\, {\hbox{Durable plastic housing}}$
- $\cdot \, \text{Carbide tool-sharpening rod} \\$
- · Sharpens both standard and serrated edges

#### MSRP

\$14.99

#### URL

www.SmithsProducts.com

3

## M-13 Machete

This machete means business! The M-13 features a 13-inch titanium steel blade with full tang construction. Its glass-filled nylon handle ensures a firm grip with every swing.

No matter what type of terrain you're crossing, this essential survival tool will get you through quickly and efficiently. The M-13 is lightweight, so it slows down fatigue and allows you to travel longer and quicker through the brush.

An integrated gut hook adds another useful ability to this already versatile tool. The machete easily attaches to a stick to create a makeshift spear, while its durable hardshell sheath allows for easy carrying and accessibility.

#### Features

- · Titanium stainless steel
- · Glass-filled nylon handle
- · Full tang construction
- · Lanvard hole

#### MSRP

\$39.99

#### URL

www.CamillusKnives.com

4

## Mountaineer Bracelet

There are survival bracelets, and then there are survival bracelets. Wazoo Survival Gear has developed a line of bracelets to meet the needs of true outdoors enthusiasts.

These bracelets not only provide extra paracord in the event of an emergency, as seen in some other styles, they also include a number of tools, which are tucked within the bracelet, itself. For instance, the 14-piece Mountaineer Bracelet has enough gear to start a fire, catch a fish and even cut down small trees. This easy-to-carry package of survival tools will stay with you, no matter where you go, and will provide you with the tools necessary to make sure you come out of the woods alive.

#### Components include:

Paracord, wire saw, surgical tubing, fire steel, striker blade, whistle, first-aid tinder packets, ranger bands, fish hooks, needle, fishing line, straw, mirror, retro reflector

#### MSRP

\$77

#### URL

www.WazooSurvivalGear.com

5

# PK 380 in Angel Blue

Prepping and acquiring self-defense gear doesn't always have to be overly serious, and everything doesn't have to be black.

For those with a bit of style or panache, Walther has just introduced its PK 380 pistol in the company's Angel Blue color scheme.

With its 5.2-inch height and 3.66-inch barrel, it's more of a midsized handgun. However, with its excellent ergonomics and weight, it helps dampen the recoil of the .380 round for those who are recoil-sensitive or new to shooting.

The color scheme has an eye-catching appeal for those who like to accessorize.

#### Features

- Low-profile, three-dot polymer combat sights
- · Double-action/single-action trigger
- · Manual safety
- · Paddle-style magazine release
- · Loaded chamber viewport

#### MSRP

\$449

#### URL

www.WaltherArms.com







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# JERODUCTS

# WolfSpyder

Taking the best traits from a fixed-blade bushcraft knife, the WolfSpyder is your go-to everyday carry when versatility is your number-one need! This high-performance "tool" is constructed of premium CPM S30V stainless steel, featuring a preferred "flat-bevel" grind. The famous Round Hole design in the blade ensures lightning-quick opening with just a short flick of your thumb. A convenient pocket clip allows your knife to be carried tip up and easily accessible to you at all times. The WolfSpyder is tough, durable and will be by your side for years to come.

#### Features

- Stainless-steel blade
- Integrated pocket clip
- One-handed opening
- · Sturdy compression locking
- · Ergonomic design

#### MSDD

\$193.40

#### IIDI

www.Spyderco.com

# XD MOD.2 Subcompact Handgun

The XD MOD.2 subcompact handgun exhibits all the benefits of "point and shoot" ergonomics while offering supreme concealability during everyday carry. It exhibits three distinct zones of texture utilizing its anti-slip properties, allowing maximum control of the weapon and providing ultimate comfort for the shooter.

Flat dark earth polymer and forged Melonite provide durable and long-lasting performance when you need it most. Don't be left defenseless to protect yourself or your family!

#### Features

- · Excellent concealability
- · "Point and shoot" ergonomics
- · Multiple distinct textured surfaces
- Full-sized magazine
- · Available in 9mm, .40 S&W & .45 ACP

#### **MSRP**

\$499.99-\$599.99

#### URL

www.Springfield-Armory.com

## Stylus Pro 360

In order to carry an assortment of EDC gear, there is often a need for a compromise in size so they will fit into everyday items such as pockets, purses or briefcases. Nevertheless, you don't need to compromise quality.

Streamlight has just announced its new Stylus Pro 360, a compact penlight that uses two AAA batteries and that fits just about anywhere for emergency use. Aside from its use as a standard penlight, the Stylus Pro 360 can also be used without the bezel to provide full area lighting and can stand on one end for hands-free operation.

#### Features

- · 65-lumen output
- · 41-meter beam distance
- · 6.5-hour run time
- · Limited lifetime warranty

\$200

#### URL

www.Streamlight.com

# **Cobra Marine Tactical Shotgun**

Protect your home and family with style. The new Cobra Marine Tactical Shotgun from TriStar Arms is one of the best defenses against an unexpected home invasion.

This new weapon features an 18.5-inch barrel, Picatinny rail for added extras and a unique forearm spring feature that permits rapid-fire shooting. This versatile shotgun uses 234- or 3-inch shells and allows a variety of loads, from light target to heavy buckshot. Affordability and dependability make an irresistible combination.

#### Features

- · Brushed nickel finish
- · Five-round magazine
- · Picatinny rail on forearm
- · Spring-loaded forearm
- · Chrome-lined chamber and barrel

#### MSRP

\$369

#### URL

www.TriStarArms.com

# "Beast" Riflescope

Extreme ruggedness and reliability sum up the two crucial components of the "Beast" riflescope. This scope from Nightforce was originally developed for the U.S. military's extreme longrange shooting and hard-target interdiction. The Beast provides a broad magnification, 4 inches of eye relief and 100 MOA of elevation travel, which makes it ideal for exceptionally large-caliber rifles. This scope offers superb resolution at even the highest magnificationsperfect for extended-range shooting by the experienced marksman. This essential scope will assist in bringing down your target from nearly any distance within range.

#### **Features**

- Extremely long range
- Locking eveniece
- Adjustable illumination
- Side parallax adjustments from 50 yards to
- 50mm or 56mm objective lens options

#### **MSRP**

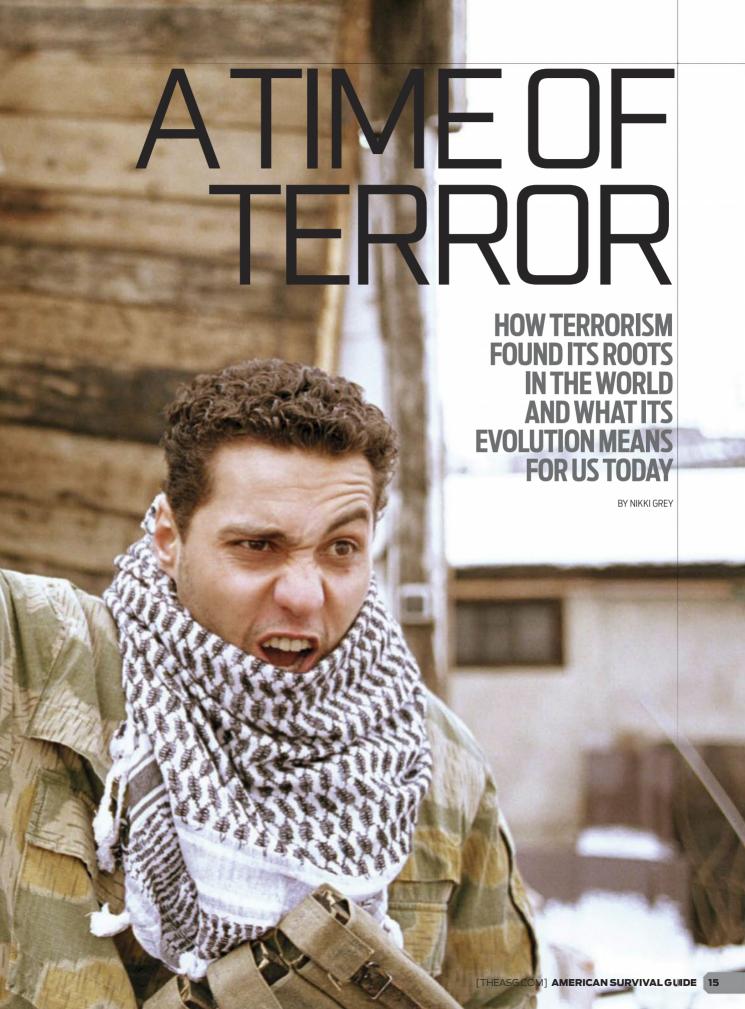
\$2 352

#### URL









# "TERRORISM HAPPENS WHEN SOMEONE ENDANGERS HUMAN LIFE TO SCARE PEOPLE AS A MEANS TO REACH A POLITICAL GOAL."

word, "terrorism," you might imagine heavily armed men in a faraway place. Maybe they scream in a language you don't understand before they chop off someone's head. Afterward, they might post a video of the murder online. If this happened, news stations would focus on it constantly for a few days. People would be angry and demand action. But then, another story would break, and the tragedy would slip into the past ... that is, until something similar happened again.

hen you hear the

Decades ago, the threat of terrorism would likely have been just that—a threat, a thought, something people in the United States imagined but hadn't experienced. Then, 9/11 happened, and the world changed. Terrorists hijack airplanes and crash them into buildings. They blow themselves and innocent civilians to pieces. They cause mass destruction at every turn.

But "terrorism" is not synonymous with "mass killing." It doesn't occur when a person shoots up a movie theater because he or she is angry or mentally ill. Terrorism happens when someone endangers human life to scare people as a means to reach a political goal. Often, doing so is to retaliate for a perceived wrongdoing and to influence the policy of the federal government.

The Federal Bureau of Investigation defines terrorism as breaking federal and state laws to "intimidate or coerce a civilian population; (ii) to influence the policy of a government by intimidation or coercion; or (iii) to affect the conduct of a government by mass destruction, assassination, or kidnapping."

Generally, terrorist organizations are non-state groups (although some receive help from various governments; i.e., they



> Police officers with high-powered rifles patrol in Times Square on December 7, 2015 in New York City Following a series of mass shootings in the United States and the recent ter rorist attacks in Paris, security in many major American cities has increased, while gun sale background checks are at an all-time high



are "state sponsored"). Goals vary, but many terrorist groups want to start a new world order, often to gain power and enforce their radical religious views.

The way terrorists operate has shifted over time. These changes might make terrorism more threatening than ever.

#### **HISTORY**

Terrorism first entered the European vocabulary in the 18th century. The word described the "Reign of Terror" (*la terreur*). But rather than referring to people trying to influence or hurt those in power, it referred to the French government arresting and executing thousands of people during the French Revolution in an attempt to force order upon citizens. Since then, terrorism has changed and now often describes anti-Western Islamic fundamentalists causing havoc in the aftermath of the destabilization of the Middle East and South Asia.

The roots of international terrorism throughout the Arab and Islamic world are found in the creation of the state of Israel, a national home for Jews in Palestine, in 1948. Prior to this, the land was home to Palestine and ruled by Great Britain.

Since then, much fighting and bloodshed between Palestinians and Israelis have occurred, including the Six Day War in 1967; Israel triumphed. Many Palestinians continue



to refuse to recognize Israel as a state, because they feel their homeland was taken from them unjustly.

Following the Six Day War, Palestinian leaders realized they needed a different strategy other than military action to fight Israel (according to The Evolution of Islamic Terrorism, featured on PBS). In the 1960s and '70s, Palestinian

revolutionaries started targeting civilians in their efforts to fight Israel. The radical Palestinians moved away from past war tactics and resorted to kidnappings, shootings, hijackings and bombings.

One of the most famous terrorist attacks during this time happened in Munich during the 1972 Olympics, when eight Palestinian terrorists stormed the

apartment of the Israeli athletes. They killed two of the athletes and took the remaining nine as hostages. The terrorists demanded that more than 230 Arab prisoners in Israeli iails be released. A failed rescued attempt—resulting in the death of the remaining hostages and a handful of the terrorists-ensued.

Years later, in 1979, when the Soviets invaded Afghanistan (on behalf of its communist government and against anti-communist Muslims), terrorist groups multiplied in the area. Since the Soviet withdrawal from Afghanistan in 1989, the area has become a hotbed for terrorist training.

Governments have used terrorist groups to further their political interests. Iran is considered to have allied with-and, at times, directed—the Shia Islamist militant group Hezbollah, for example. Hezbollah is suspected of being behind many terrorist attacks, including the bombing of a U.S. Marine barracks in Beirut, Lebanon, in 1983, killing 241.

There are many other instances of terrorists attacking U.S. soldiers overseas. In October 2000, suicide bombers from the Sunni Islamist group al-Qaeda blew up a small boat next to the Navy destroyer

← The World Trade Center towers in Manhattan burn on September 11. 2001, after the most infamous terrorist attack in modern history. Terrorists crashed planes into the towers and the Pentagon. Passengers fought back and crashed a fourth plane into a field in Pennsylvania

## "A HUSBAND-WIFE TEAM KILLED 14 PEOPLE AND WOUNDED MORE AT A SOCIAL SERVICES BUILDING IN SAN BERNARDINO, CALIFORNIA, ON DECEMBER 2, 2015."



⟨Terrorists often attack civilians to cause mass casualties and fear.

*USS Cole* as it refueled in a Yemeni port. The explosion tore a 40-foot-wide hole in the ship and killed 17 U.S. sailors.

#### **TERRORISM ON U.S. SOIL**

In addition to Islamic extremists committing acts of terror abroad, homegrown terrorism threatens the United States. In 1995, Timothy McVeigh detonated a homemade bomb in a truck in Oklahoma City, causing horrific destruction to a federal building, damaging hundreds of neighboring structures and cars and killing 168 people. McVeigh wasn't a Middle Eastern terrorist; he was an ex-Army soldier who had grown to hate the U.S. government. McVeigh was captured, sentenced to death and was later executed.

Islamic fundamentalists, too, took their fight inside the United States when they bombed the parking garage underneath the World Trade Center in New York City in 1993. Six people died, and more than 1,000 suffered injuries, according to the FBI, which called the attack "something of a deadly dress rehearsal for 9/11."

The most infamous of all terror attacks occurred on U.S. soil on September 11, 2001, after 19 al-Qaeda-affiliated terrorists hijacked four airplanes. The terrorists crashed one plane into the north tower of the 110-story World Trade Center.

"... SEPTEMBER 11TH MARKED A
MOVE FROM STATE-SPONSORED
AND FORMAL TERRORIST GROUPS
TO 'LOOSELY AFFILIATED EXTREMISTS,' ALONG WITH A SHIFT TO
TACTICS AIMED AT 'PRODUCING
MASS CASUALTIES."

> Years after September 11, 2001, U.S. troops remain in Afghanistan and Iraq.



> The Pentagon crumples during the September 11th



> Extremist Islamic terrorist groups cause death and destruction for political gain.

Many died instantly, while others were trapped inside the building. Fewer than 20 minutes later, with the north tower in flames, a second plane hit the south tower of the World Trade Center, Later that morning, a third plane crashed into the Pentagon, located near Washington, D.C. A fourth flight, likely headed to the White House, U.S. Capitol or Camp David, was taken over by passengers and crashed into a field in Pennsylvania.

More than 3,000 people died during these attacks, and several thousands were injured. The terrorists, from Saudi Arabia and other Arab nations, aimed to punish the United States for its support of Israel, the U.S. military presence in the Middle East and to retaliate for the Persian Gulf War.

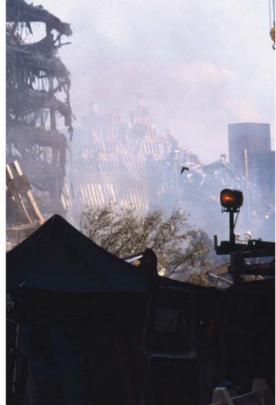
According to The Terrorist Threat Confronting the United States, a 2002 congressional testimony from the FBI, September 11th marked a move from state-sponsored and formal terrorist groups to "loosely affiliated extremists," along with a shift to tactics aimed at "producing mass casualties."



> Much of modern terrorism stems from the Palestinian/ Israeli conflict. Here, on January 1, 2009, in the northern Gaza Strip, Israelis bomb Palestinian targets.









∢ A Palestinian woman with bricks she salvaged from destroyed buildings in Gaza City

◀ The World Trade Center disaster site, New York City

# TERRORISM AND U.S. POLITICS

September 11th led to an international push to remove the Taliban from power, because the United States thought the ruling group in Afghanistan was protecting 9/11 mastermind Osama bin Laden and his terrorist network in the region. In addition, the United States went to war with Iraq, because President George W. Bush believed that country had weapons of mass destruction and were in violation of United Nations directives. The United States didn't track down and kill bin Laden for many years—until May 2, 2011—in Pakistan.

American troops remain in Afghanistan and Iraq. U.S. political leaders continue to debate whether the military should withdraw or send more troops to the region.

Several years later, on a 9/11 anniversary, Islamist militants stormed the U.S. diplomatic compound and CIA annex in the Libyan city of Benghazi in September



## "GOVERNMENTS HAVE USED TER-RORIST GROUPS TO FURTHER THEIR POLITICAL INTERESTS."

Funeral flowers placed on Paris's Rue Nicolas Appert in homage to the terrorist attack against the journal Charlie Hebdo



2012. This attack resulted in the deaths of four Americans, including Ambassador J. Christopher Stevens. The House Select Committee on Benghazi questioned former Secretary of State Hillary Clinton in 2015 for 11 hours regarding the causes and handling of the incident. This issue continues to be a point of contention between political parties.

What constitutes terror in the United States is sometimes debated. Some speculate that motivations are found in gun control, immigration policies, the refugee crisis and more.

The Fort Hood military base shooting in 2009 is an example of domestic terrorism. An Army psychologist screamed *Allahu Akbar* ("God is great" in Arabic) before he killed 12 service members and one Department of Defense employee at a Texas military base. The shooter later claimed the massacre was his effort to protect Taliban and Muslim leaders in Afghanistan.

Despite this, the government deemed the Fort Hood shooting "workplace violence." President Obama did not publicly call the shooting an "act of terrorism" until six years later, in December 2015, during a press conference about another terrorist attack.

Neither were the 2013 Boston Marathon bombings that caused the deaths of three spectators and wounded more than 260 other people deemed terrorism by the U.S. government. The two brothers behind the attack were likely motivated by extremist Islamist views. Because they allegedly carried out the attack without the help of terrorist groups, the incident wasn't labeled "terrorism."

The House Foreign Affairs Committee questions Secretary of State Hillary Clinton in January 2013 about the Benghazi attack in 2012.



#### **TERRORISM TODAY**

The Islamic State—a militant group that also is called ISIL, ISIS and Daeshis behind many of today's terrorism attacks around the globe. Once a part of al-Qaeda, the Islamic State broke off and was later disowned by al-Qaeda for its ruthlessness.

ISIS claimed responsibility for the Paris attacks in November 2015. The coordinated attacks killed 130 people and included explosions and shootings in several public places throughout Paris. Questions quickly arose as to whether any of the terrorists were Syrian refugees. Political debates continue to rage about whether and how refugees should be allowed to enter other countries.

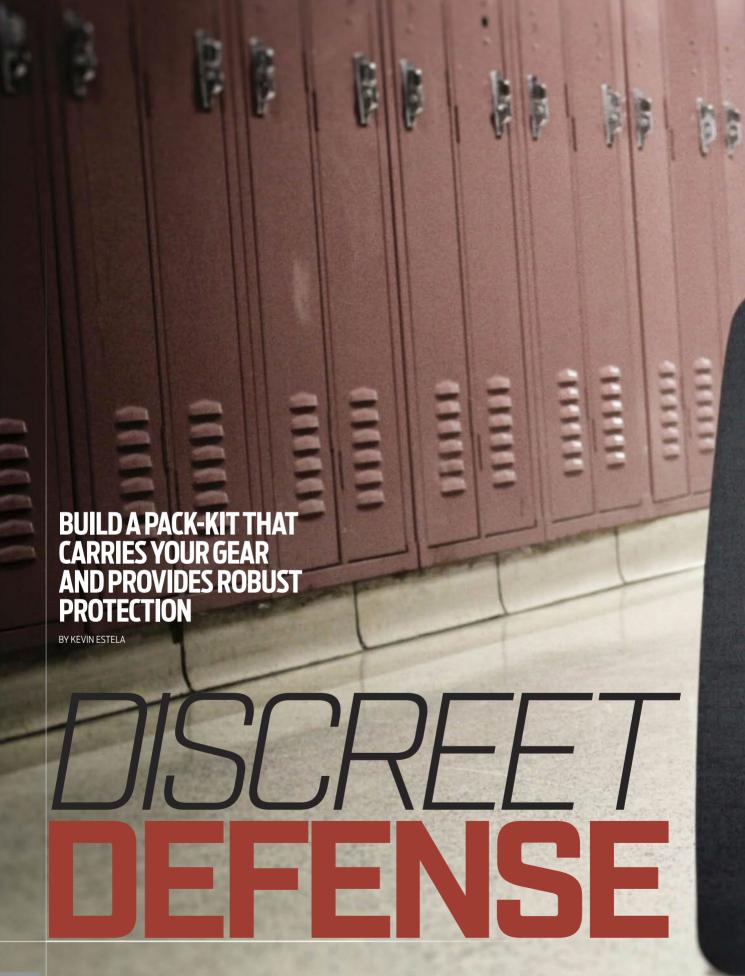
Terrorist attacks are becoming more and more common on U.S. soil. A few months after the Charlie Hebdo shootings-which took place in Paris in January 2015 when a gunman murdered several people at a satirical newspaper in retaliation for depicting the Prophet Muhammad-two men opened fire outside a Muhammad cartoon drawing contest in Texas. (Many Muslims believe depicting the Prophet Muhammad is blasphemy.)

A husband-wife team killed 14 people and wounded more at a social services building in San Bernardino, California, on December 2, 2015, U.S. citizen Sved Rizwan Farook worked at the facility that served people with developmental disabilities. After a dispute during a holiday party, he left the building. He returned with his wife, Tashfeen Malik, who came to the United States on a fiancée visa and became a legal permanent resident. Together, they began firing at Farook's co-workers. Investigators soon learned that Malik had pledged allegiance to the Islamic State on Facebook.

In January 2016, a police officer survived getting shot in Philadelphia by a man who claimed he did so in the name of the Islamic State.

Many terrorists are in the country legally. Some are homegrown, and others obtain visas or citizenship. Refugees from other countries and immigration remain heated topics in politics.

Many people are afraid and believe the United States should be more cautious about whom it accepts into the country. Wherever you stand on the issue, one thing is clear: Terrorism is not something only people overseas have to worry about. Terrorism is right here ... on American soil. ASG





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ou know it is getting bad when normally anti-gun rights friends start inquiring about getting their permits.

Another indicator is when words and expressions that normally exist in tactical and self-defense circles, such as "reactionary gap," "response time" and "active shooter" become part of everyday conversations.

When you actually know things are going sideways is when all signs are pointing toward politicians condoning a victim-based society and when the average person must take more steps than usual to protect his/her livelihood.

What can those who can't carry firearms to combat threats to their well-being do to stand a fighting chance against an active shooter? From the active-shooter scenario playing out in schools around the country to disgruntled workers and terrorist acts, finding a way to defend against these attacks is key to survival. Part of this survival formula is found in the discreet-defense pack concept.

#### THE PACK TO CARRY IT ALL

Given the potential impact of an active-shooter situation, it is wise to leave the house with more than the EDC items carried in your pockets. Compact,



"THE GRI WAS DESIGNED FROM THE GROUND UP TO BE THE MOST DURABLE PACK AROUND. DESIGNED BY FORMER U.S. MILITARY PERSON-NEL, THE PACK ... BLENDS INTO THE URBAN BACKDROP WITH A SLEEK PROFILE CLOSER TO CIVILIAN APPEARANCE THAN MILITARY."



easily carried items are practical for the pocket, but you should trust your life to components more capable of sustaining your life and that can be carried in a pack. All those items need to be carried comfortably, or they will be left home. Organization for immediate access is critical, as is durability to handle the abuse of day-in and day-out use.

Many packs are substandard and will literally fall apart if used extensively and in rough conditions. Under stress, pack straps can break, zippers fail and bottoms fall apart.

However, one pack can handle the rigors of the modern-day battlefield, whether that is overseas or right in your backyard. It stands out above all others as being perfectly suited for defensive carry—the Go Ruck GR1.

The GR1 was designed from the ground up to be the most durable pack around. Designed by former U.S. military personnel, the pack has minimal MOLLE attachments and blends into the urban backdrop with a sleek profile closer to civilian appearance than military. The pack has wide, comfortable shoulder straps, reinforcements meant to carry the heaviest loads and no hip belt to get in the way of belt-carried gear.

Internal pockets, including a hydration pouch, zippered mesh flat pocket, and a small "possibles" pocket on the flap, keep gear organized, as does the internal MOLLE panel. A hidden padded pocket will hold up to a 15-inch laptop or a ballistic plate. The combination of organization and durability attributes make this pack perfect for everyday carry.

#### **BULLET-RESISTANT PLATE**

With the right pack, ballistic-plate carry is possible as a layer of protection against gunfire. Of course, the best defense is to put distance and or cover between you and the





√ The GoRuck GR1 is a panel-loading backpack perfect for organizing essential daily-carry equipment. It can open flat for quick access and ease in packing.

← Given that the national average police response time is upward of eight minutes, it is essential to have the means to respond to trauma faster than help can arrive. (Remember, when seconds count, help is minutes away.)

threat, but if that isn't possible, alternate means must be considered.

The average person would raise serious suspicion wearing a bullet-resistant vest on a daily basis. But carrying armor in a backpack wouldn't raise an eyebrow.

For those not familiar with armor plates, they vary greatly in construction, weight, cost and practicality. Most panels must pass strict tests and be capable of withstanding multiple hits from handgun to rifle calibers, depending on their intended rating.

While it is possible to carry multiple level IV bullet-resistant panels, it probably isn't practical for the average person in work attire. Instead of wearing armor like that a police officer or soldier would use, the student, businessman, commuter and traveler can carry it in a backpack panel.

Keep in mind that ballistic plate carry will require fitting the right plate to the pack. With varying weights of panels, fitting the right panel to the person carrying the pack will be important, as well.

AR500 and United Shield International (USI) make two panels offering very good protection and that are worthy of consideration. The AR500 plates are hard armor capable of withstanding point-blank hits from intermediate rounds fired from AR15 and AK47 platforms. These are excellent for protection in conjunction with service gear but are probably not the easiest for a civilian to carry.

However, USI offers a ballistic panel called the Spartan that's made to be carried



A portable solar panel with a spare battery pack allows the survivor to keep electronics charged on the go. Even if electrical outlets are taken up or not available, charging crucial communication tools is not an



in briefcases, backpacks and handbags. You can even carry one on a clipboard. Our review sample weighs 20.55 ounces, and it's still rated to NIJA level IIIA specifications and is capable of stopping a variety of handgun rounds up to .44 Magnum semi-jacketed hollow-points.

There are standard sizes for the Spartan, but custom sizes are also available. The sample USI Spartan backpack panel we received measures 11 inches by 17 inches and fits perfectly in the laptop compartment of the GR1 backpack. It disappears in the pack and goes unnoticed in everyday carry. If the need for protection arises, the backpack can be shifted around to the front, on the sides or back, facing the direction from which the threat is coming.

#### SIGNAL GEAR

As soon as a threat is recognized as immediate, a call should be made to initiate the response by law enforcement. This can be accomplished from land lines or mobile phones.

Part of the modern, discreet backpack is the support kit to keep your mobile phone charged. This includes having a spare battery for your phone, a charger, as well a direct line to police dispatch programmed in (instead of resorting to dialing 911). This often-overlooked type of phone service is

"GIVEN THE POTENTIAL IMPACT OF AN ACTIVE-SHOOTER SITU-ATION. IT IS WISE TO LEAVE THE HOUSE WITH MORE THAN THE **EDC ITEMS CARRIED IN YOUR** POCKETS."



# JECTILES **PROJECTILES**

There are five ranges in any fight, from nearest grappling through short, medium, long and finally, projectile range. Firearms are modern-day projectile weapons, but long before there was a firearm and even before the bow and arrow or atlat! (one of the earliest mechanical inventions), humans found ways to fight and hunt with hand-thrown projectiles.

While there is no fair comparison between a firearm and throwing a rock, the idea that throwing an object at an active shooter is foolish takes power away from that type of attack when it might be the best or only viable option.

It hurts to get hit in the face, and when an object is thrown in your direction, you take notice. Depending on what is thrown, the object can blind, cut, stun or knock out the intended target. Blinding projectiles can include wasp spray, chemical fire extinguishers and hot beverages, among others.

Cutting projectiles can include sharp objects not limited to knives and include bottles, utensils and heavy metal objects. Look around a restaurant the next time you sit down for dinner. You will be amazed by what you see that can be thrown at a person entering a door with malicious intent.

Depending where you are and whom you are with, you might not be the only person with an arm. Multiple people can throw projectiles at an active shooter, thereby increasing the chances of hitting them. If the goal is to buy time until the police arrive, give a good fight, and do not let the group back down. A group attack can earn the time necessary to get others to safety. Work together from a distance with projectiles.

Be smart and fight fire with fire. Stay aware, however, because you do not want to engage responding authorities or be mistaken as the shooter. Communication is as important as the tactics you employ.



The author uses the GoRuck GR1 daily, in conjunction with the USI Backpack Armor. It blends into most settings and has never been looked at as "out of place."

# ACTIVE RESISTANCE

Here are three steps to increase your odds of survival:

- Limit access with rubber door jams, Kevlar thread or paracord and by moving as many barricades in the way of the active shooter. Your goal is to slow down the attacker and make them move on in the hope of locating an easier target. Use electrical cords and wires to secure doors if you didn't pack any cordage. Move furniture to prevent easy access into rooms.
- Reduce visibility to prevent the active shooter from acquiring a target. Check the lighting where you are; don't let it illuminate you. If possible, use duct tape and paper or a Mylar blanket to cover over any windowed doors where you are. Understand the difference between cover and concealment: Concealment will only reduce your visibility; cover will serve as protection from an attack.
- Fight like hell if that door is breached and the threat is now a reality. You can choose to engage the threat or be a soft target. Think about what can be thrown or thrust at the assailant. Even if you have only a slight chance of survival by taking action, it is better than no chance by hoping he will go away.

not as attractive in peacetime but is a top priority when needed. Therefore, it is absolutely imperative to mention it here. Even if electrical outlets are taken up, portable solar panels can charge your phone directly or store the charge in

battery cells. Your phone is a lifeline and should be kept ready at all times.

#### **TRAUMA KIT**

The standard operating procedure of most companies and schools for active shooter situations is for the workers and students to shelter in place. Sometimes, an announcement is made, and those who frequent the building fall back on the limited training they might remember. This is not a reassuring exercise if you are anxiously awaiting the moment someone arrives to your rescue. If you happen to be in the wrong place at the wrong time

If you travel or work where you are not allowed to carry a firearm, you might be forced to take action with all you have. Armed with only a folding blade and bullet-resistant backpack, you can close the reactionary gap when the timing is right and take the fight to those who wish to do you harm.





but manage to survive, you will need to address the traumatic scene left behind. This will mean treating yourself before you treat anyone else.

For this reason, it is wise to carry some basic trauma gear on your person on a daily basis. I don't advocate carrying equipment beyond your ability to selfadminister, but a one-hand tourniquet and pressure bandage can be carried in your pack-kit; together, they weigh under a pound. In general, be realistic with what

A small pouch can also contain a package of compressed gauze, emergency shears and whatever gunshot wound equipment you are willing to carry. Remember, in an active shooter event, there could be many casualties, and trauma supplies will be limited or not available at all. Carry your own and ensure your own safety.

#### **PERSONAL PROTECTION ITFMS**

With a proper backpack, ballistic panel, comms and trauma kit, you stand a much better chance of surviving a dangerous active shooter event than the person who leaves home without basic equipment.

The tools described here are all defensive in nature and are proscribed as a response to the formula most commonly found in the headlines today. While shelter-in-place is the suggestion, you do not need to be a willing participant.

There is always the option of carrying a defensive weapon such as a handgun. This is your choice, and no one can make it but you. For legal reasons, I will recommend that you defer to local laws and your employer's handbook regarding what you can and cannot carry.

However, I cannot control your actions and your decision process. You have to decide which is more important: providing for your own defense or following company rules. You can always face the powers that be for your "disobedience" after you survive. ASG

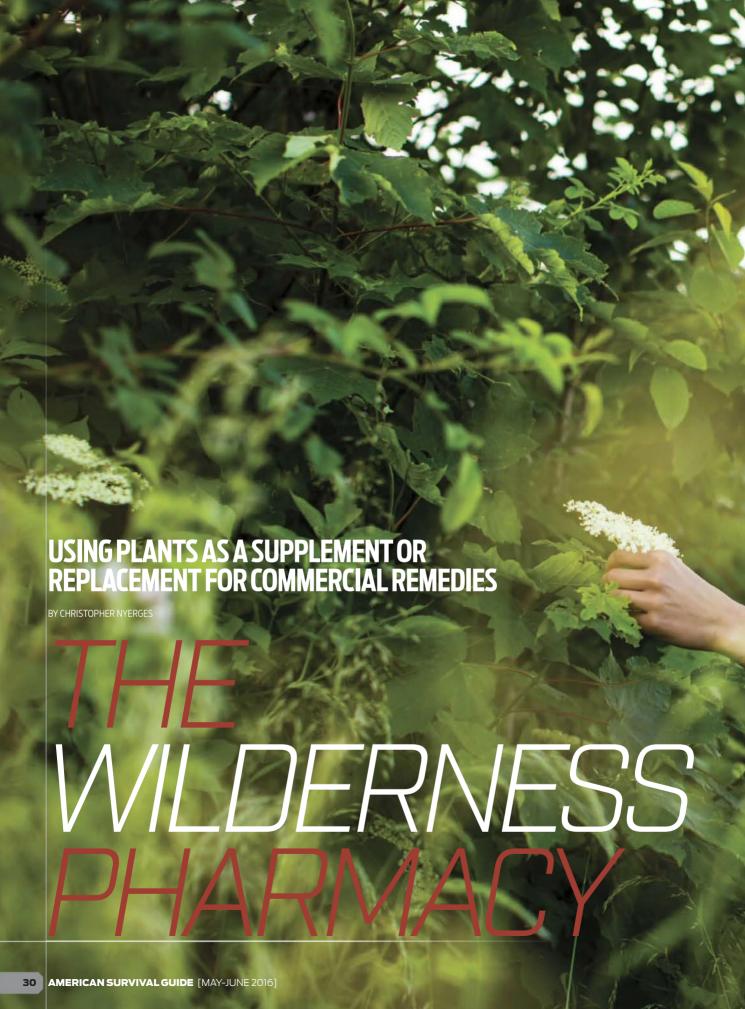
#### **SOURCES**

- www.goruck.com
- 9) 985-9200 WWW.AR500.COM
- UNITED SHIELD INTERNATIONAL W.UNITEDSHIELD.COM

"WITH A PROPER BACKPACK. BAL-LISTIC PANEL, COMMS AND TRAUMA KIT. YOU STAND A MUCH BETTER CHANCE OF SURVIVING A DANGER-**OUS ACTIVE SHOOTER EVENT ... "** 

√ The GR1 can be worn on the front of the chest if time allows when addressing a threat. The USI panel covers a large portion of the torso and is rated to IIIA







"... THERE ARE MANY
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OF TIME."

ost "survival kits" contain a first-aid kit of some sort, and that's a good idea. It's an even better idea to enroll in an emergency first aid course, such as those offered by the Red Cross, and learn how to handle some of the physical ailments that are common in the wilderness, such as bleeding, bruises, broken bones, etc.

> Wild mint makes a great tea for stomach pain. Proper first aid is not just having a full bag of bandages and medicines; it's about knowing how and when to use them.

regulate itself—plants that have stood the test of time.





when it has cooled down sufficiently.

Food Poisoning. For a variety of stomach pains (perhaps you ate some food that was too old and you got sick), try the age-old remedy—charcoal. You can even buy food-grade charcoal for this and other ailments. In addition, my father taught me what his grandmother used to do: Eating some burnt toast works wonders.

Indigestion. Epazote (Dysphania ambrosiodes) is a Mexican herb that now grows all over North America. It has long been used to prevent gas or indigestion, either by adding the herb to your meals or by making an infusion and drinking the tea.

Diarrhea. Diarrhea is a serious problem, and it could be the result of drinking bad water or consuming bad food. An infusion made from blackberry leaves is one of the best remedies for this. Blackberries (any member of the Rubus family) can be found worldwide, typically around water.

In addition, infusing Manzanita berries (Arctostaphylos spp.) is sometimes effective is stopping diarrhea. Think about it: Any constipating food could be used to treat diarrhea. Whole carob pods and carob powder have long been used for diarrhea and even dysentery.

Drink acorn soup to stop diarrhea. This soup can be made by boiling 1 tablespoon of acorn powder in 1 cup of water. Acorn powder can be purchased online or from a Korean grocery store. However, if you're in

bitter. Then, crush and make them into

**Constipation.** This is a serious problem. It often afflicts people when they are traveling or camping. Often, simply eating salad or cooked greens helps take care of constipation. And, of course, we've all heard of eating prunes, raisins and other dried fruits.

#### **BLEEDING**

Stopping severe bleeding is a major concern in emergency first aid. Sometimes, stitching is essential. But for small cuts, you can use certain herbs pressed onto the wound, along with direct pressure, and then bind the wound.

I've used dried mugwort leaves (Artemisia douglasiana) successfully pressed onto the cut and then wrapped the wound, with the mugwort still in place. Also, a leaf of thickleaved yerba santa (*Eriodictyon spp.*) can be placed on a cut or wound to quickly stop bleeding. Yerba santa is a common wild herb found throughout the Southwest.

#### PAIN

Of course, everyone has heard of willow (Salix spp.) as a pain-killer. The inner bark of willow is the source of aspirin—specifically, salicylic acid. You can scrape off the bark, cook it in hot water and drink the beverage.

You can also use willow bark externally: either crushed and shredded willow bark



Acorns are used in many traditional Native-American dishes. In addition,

acorn soup has been known to stop diar-

rhea. (Photo: Christopher Nyerges)



C Healing with Medicinal Plants of the West, Garcia and Adams, Abedus Press

← Guide to Wild Foods and Useful Plants, Christopher Nyerges, Chicago Review Press

 Medicinal Plants of the Mountain West, Michael Moore, The Museum of New Mexico Press (Any books on herbalism by Michael Moore are worth having in your library.)

> or the decoction made from the bark. However, willow has numerous side effects that make it problematic for many people.

Sage (Salvia spp.) is one of the best

alternatives. You can drink an infusion of sage for any pain, such as toothache, headache or other body pains. But, according to Dr. James Adams (co-author of Healing with Medicinal Plants of the

 Yerba santa is another traditional plant whose leaves can be used to stop bleeding.

The bark of willow branches has long been used as a pain-killer.





fresh or dried elderberry flowers (*Sambucus spp.*) can be used the same way as California everlasting.

**Mallow.** In the United States, the common mallow (*Malva parviflora*) is a widespread "weed" often found in vacant lots and fields. Mallow leaves exhibit a slightly mucilaginous quality. Chewing them has been known for centuries to soothe sore throats. Herbalists consider mallow leaves an emollient and a demulcent. Whether the leaves are eaten or made into a tea, this plant helps relieve inflammation, especially in the throat.

**Horehound** (*Marrubium vulgare*). Horehound is a bitter mint native to Europe that has now naturalized throughout the entire United States. For horehound tea, collect the young leaves in the spring. They can be used fresh or dried.

I place about I teaspoon of the herb into a cup, pour boiling water over it, cover it and let it sit until it is cool enough to drink. The flavor? Terrible! So, add honey and lemon juice to make it more palatable. Coincidentally, honey and lemon are also good for sore throats.

Mullein (Verbascum thapsus). Mullein is

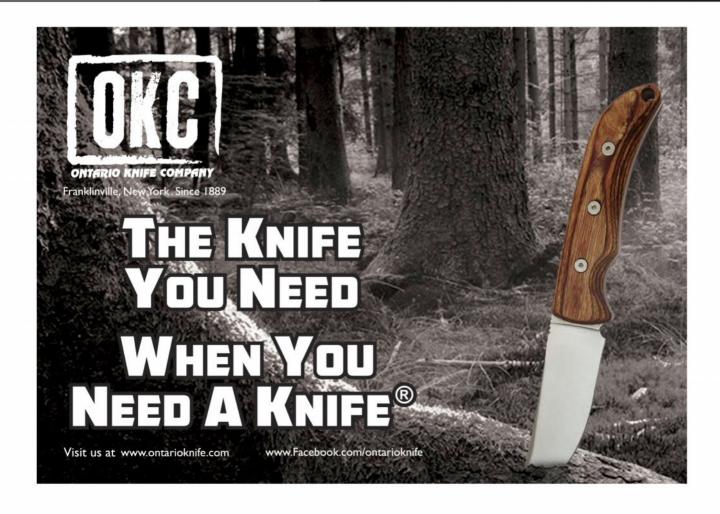
another European native that has now naturalized throughout the entire United States. Its leaves feel like flannel or chamois cloth. The plant produces large basal leaves the first year; in its second year, it sends up a seed spike that can reach up to 4 or 5 feet.

To make a tea, use the mullein's first-year leaves and infuse them. They don't have much flavor, so I typically add mint to mullein tea. Mullein acts like a mild sedative on the lungs, and it also helps relieve the roughness in the throat that is common with coughs and some fevers.

**Mormon tea** (*Ephedra spp.*). Chewing a piece of Mormon tea stem the length of your finger of will relieve nasal congestion for about an hour and a half. Mormon tea is common in the California high deserts, in the Great Basin area, throughout Southern Colorado and down into Texas. It is useful as a home remedy for breathing problems associated with coughs and colds. Typically, the stems are brewed into a tea at low temperatures in a covered pot. Mormon tea has a mild, but distinctive, flavor and aroma that I like. **ASG** 



Christopher Nyerges has been leading ethnobotany walks since 1974. He is the author of 14 books and is the co-founder of the School of Self-Reliance. He can be reached at www.SchoolofSelf-Reliance.com.







ny prepper worth their salt appreciates the value of having a robust supply of first-aid items put back for the end times (a little humor). Personally, I buy a lot of items in bulk, but those expenditures have gone up quite a bit in the last six months.

I took a basic suturing class back in October 2015 that was taught by Joe and Amy Alton of Doom and Bloom fame. They've been into the preparedness mindset for at least a couple of decades, and their specialty deals with medical issues.

Some of their time is spent assembling different styles of medical kits for people to have ready for emergencies, and some of their time is spent teaching classes—such as that suturing class I took.

I learned that if a traumatic injury occurs,

you can easily go through large quantities of your supplies with just one injury. Therefore, I've stepped up my bulk buying to make sure I've got more than enough to get me through tough times.

There are situations, however, for which smaller and more-particular purchases are required, especially for the beginner.

# **BLEEDING CONTROL KIT**

Amy Alton is always looking for ways to help people unfamiliar with first aid and to provide quality products to match with specific needs. She is an advanced registered nurse practitioner, certified nurse-midwife and an expert in herbal remedies. Her top-tier credentials provide a solid foundation for the instruction she provides and for the medical kits she develops.

Her most recent addition to their Web

store is the Bleeding Response Kit, which is designed with beginners in mind; and it's a well-organized and thorough kit for its specific intended use. Whether you're into outdoors recreation, hunting, sports or even concerned about violent events that can happen during your daily routine, the Bleeding Control Kit is a quality first-aid package to have with you at all times

The items in the kit are contained within an easy-open, heat-sealed Mylar bag, so everything's in one place for one specific type of emergency.

# **BREAKING IT DOWN**

The beauty of the Bleeding Response Kit is that it's been designed for beginners, and its simplicity is the key to its effectiveness. The sidebar on page 40 comprises a list of the items included in the kit, but I wanted to

# BLEEDING RESPONSE KIT

- 4 black gloves, Venom brand, Nitrile
- 1 bandage scissors/shears to cut away clothing and expose wounds
- 1 H&H compressed gauze, 4.5 inches x 12 feet
- 1 roller gauze, 6 x 80 inches
- SWAT (stretch, wrap and tuck) tourniquet
- Celox-EMS 4 x 4-inch hemostatic pads
- 1 Mylar blanket to keep victim warm, 52 x 84 inches
- 1 H&H compression bandage (used over gauze to provide pressure directly on the wound)
- I red plastic bag (for waste disposal or for use as an improvised chest seal)
- I roll combat medic (duct) tape

al bag and a roll of duct tape, which can be used for a number of purposes in a survival situation: to make an improvised chest seal, collect water, store tinder, cover blisters, make shelter repairs, etc.

> Inside the Bleed

ing Response Kit are a waste dispos-



touch on a couple of them, as well as how everything is organized.

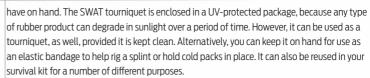
The kit comes with a set of waterproof instructions, and each step is numbered. Correspondingly, each item in the kit is also numbered to match up with the instructions. For instance, step #1 in the instructions is to put on gloves and cut off clothes to expose wounds. Inside the kit, the items in pack #1 are a set of EMT shears and four Nitrile gloves. Step #2 is to apply pressure with gauze, and the #2 pack in the kit contains gauze ... and the list goes on.

This is a great way of organizing the kit, as well as helping even the most inexperienced person provide effective aid to a wounded individual. And, even if you have a certain proficiency with first aid, you might be the one who gets injured. That means there's a possibility a beginner might be working to save your life. So, the number coding and easy-to-follow directions just might help them get the job done.

The Bleeding Response Kit is a one-timeuse package, but there are a couple of items that can be re-used (such as the clothing shears). And if you don't use some of the items, such as the Celox or gauze, you can simply fold those items into another kit you > The SWAT (stretch, wrap and tuck) tourniquet is a versatile piece of gear. Besides acting as a tourniquet, it can also be used as a pressure dressing and elastic bandage. If kept in a survival kit, there are multiple other uses it can provide to help you stay alive.

If normal compression with gauze does not stop the bleeding, direct pressure can be applied with the Celox pads for three minutes. After that, the pads can be kept on the wound with the roller gauze.

There are eight numbered components in the kit that match up with the instruction sheet. They are easy to identify in their clear packaging and simple to use, even in high-stress situations.



With an MSRP of \$69.99, some people might balk at the price. Nevertheless, folks familiar with preparedness and first-aid protocols will appreciate the quality components that are included.

Clearly, this isn't a \$19 first-aid kit containing a few off-brand adhesive bandages and aspirins you might pick up at Wal-Mart. This is a serious kit for a serious injury. Also, individuals new to the field should find the step-by-step instructions and item numbering beneficial as they start learning about true preparedness or first aid.

While this kit can be used to some extent on gunshot wounds, Doom and Bloom offers a







package that is more specific to those types of injuries and includes more-specialized equipment (although at a higher price). Nevertheless, in today's world, one can't be too careful—and what price do you put on your life?

If your skill set is more advanced, the Gunshot Wound Kit would be a great option to consider. But, for the beginner, I believe the Bleeding Response Kit is the best choice, because what good is equipment you don't know how to use properly?

Doom and Bloom's new Bleeding Response Kit is a no-frills kit that still has everything you need to respond to a medium-grade injury. It's not a long-term wound treatment kit to help with closure or healing, but it does contain what you need to help sustain a patient on a short-term basis until professional help becomes available.

The kit is compact; it can be stowed in a daypack or a large purse for carry at all times. Or, it can become part of a larger first-aid kit you're building to handle all types of situations. Either way, Doom and Bloom's Bleeding Response Kit is an excellent addition to your gear. In fact, it's well worth it to have a few on hand for the car, outings

in the woods, around the house or for sports activities. You never know when and where your or someone you love might get hurt, but you can take steps to be ready when it happens. **ASG** 

# **SOURCE**

- <sup>1</sup> AMY AND JOE ALTON (888) 570-6999
- 1 WWW.DOOMANDBLOOM.NET









# LEARNING THE MECHANICS AND PRACTICE **ROUTINES FOR EFFECTIVELY DRAWING A CONCEALED-CARRY WEAPON**

BY PAUL RACKLEY

ver the past few years, there has been a dramatic increase in firearm purchases as millions of Americans realize the benefits of owning a gun, as well as how much fun they are to shoot. One of the greatest benefits is that a gun is the ultimate equalizer, providing the ability for a 110-pound woman to fight off a 200-pound man and an individual to withstand a mob.

However, to truly be effective in any situation, shooters need to have an understanding of firearms beyond the standard of just knowing how to shoot. Sure, a fun day at the range can be helpful, but it doesn't replace training specialized toward self-defense.

The best way to receive proper training is from a certified instructor, but that is not a requirement. Shooters can develop the skills needed for self-defense on their own. All it takes is the knowledge to train properly and the commitment to train regularly.

# **DRAWING THE GUN**

The first element of using a handgun to stop an attack is getting the gun out of the holster quickly. While there are many different ways to carry concealed, the most recommended is around the waist in the strong-side position, as it provides the fastest accessibility in the most situations. Gun handling and accuracy are important, but getting the gun out of the holster is the first step.

The motions of getting a handgun out of a holster-grip, pull, rotate, present-are simple, yet intrinsic. And while Colonel Jeff Cooper originally developed them for strong-side carry, they actually can be used, with a little variation, with any type of holster.





# "ONE OF THE EASIEST WAYS TO KEEP SKILLS SHARP IS BY CONDUCTING A **COUPLE OF DRILLS IN THE MORNING** AS YOU GET READY BY COMBINING DRAWING AND DRY FIRING."

# **DEVELOPING THE DRAW**

To perform a proper draw, sweep the strong-side hand back to grip the gun with the web of the hand high on the back strap and the trigger finger on the outside of the holster. If wearing a cover garment, either sweep back or lift it to obtain access and hold with the weak hand. which should be brought to the body to prevent it being swept by the muzzle.

Pull the gun from the holster straight up, clearing the barrel completely from the holster. At this point, the shooter's elbow should be behind his or her back, and the feet should be moving into a shooting stance. Then, rotate the gun toward the target, keeping it close to the body. The gun can be fired from this position if the target is too close to fully extend the gun.

Finally, present the gun forward, raising it to eye level, bringing up the support hand to enter into a two-hand shooting grip as the sights line up.

From here, shooting is no different than standing at a firing line and sending rounds into a target. However, that is a different set of skills that must also be developed in order to be effective with a handgun.

## **TAKING THE SHOT**

Once the gun is out of the holster, a shooter must be able to hit the target. particularly in a self-defense situation, because the shooter is responsible for every round that leaves the muzzle. The mechanics of shooting are the same, whether standing at the range or stopping an attacker: but what is considered "accuracy" is very different between the two.

The standard sight picture at the range consists of lining up the front sight level and equally between the rear sights, resembling an "E" lying on its back. This is the proper sight picture when firing a gun, whether bearing down on the bull's-eye at the range or an attacker who is charging with evil intent.

However, self-defense accuracy, while more important, is actually more lenient. At the range, shooters take care to line everything up perfectly. But in an attack. shooters should squeeze the trigger when the sights are close to being lined up on the center mass of the target.

Aiming at the center of what can be seen—basically, the solar plexus if the whole body is visible, less if not-provides a degree of error that still hits the target, particularly at ranges typically involved in self-defense.

If the sights are centered on the solar plexus, a shot will hit the center of the chest if the front sight is a little high and the stomach area if a little low. Side to side works the same way. While this is not considered pinpoint accuracy, a shot



√ Developing your

beyond practice at home: advanced

steps must be prac-

ticed at the range

draw technique goes





GETTYIMAGES.COM/BY: ALAN MAJCHROWICZ

# ON TRAINING

There are thousands of firearms and self-defense instructors across the country, and most of them are highly qualified individuals. However, there are some who should probably not even be carrying a gun, much less teaching others how to do so. Consequently, you should do a little research before signing up for a class.

One of best ways to find a qualified instructor is through the National Rifle Association (www.training.nra.org). The NRA has developed training classes for all skill levels—Beginning Pistol to Concealed Carry Outside the Home—even certifying instructors to ensure that high standards are maintained. This doesn't mean that every certified instructor is good or that a firearms school must be associated with a firearms group to be effective.

Unless you are shelling out money for one of the few premier firearm training academies, such as Gunsite or Shootrite, be sure to conduct some research, including talking to former students. And if anything feels wrong, walk away. Bad training is worse than no training.

In addition to a handgun, concealed-carry advocates should consider carrying extra ammunition

# "AN ACCURATE SHOT REQUIRES A STRONG GRIP, PROPER SIGHT PICTURE, SMOOTH TRIGGER PULL AND STEADY FOLLOW-THROUGH."

in the general area of an attacker's chest should cause enough damage to either end the attack or provide enough time for a shooter to take a more accurate shot.

To be truly accurate, whether in a struggle or at the range, shooters must develop the mechanics of firing a gun—which are both simple and difficult. An accurate shot requires a strong grip, proper sight picture, smooth trigger pull and steady follow-through. While these should absolutely be tested at the range, a great way to develop them is through dry firing.

Dry firing is a highly underutilized training method for developing shooting skills. In fact, dry firing should be implemented into training, even if trips to the range are a regular occurrence, because squeezing the trigger of an unloaded firearm is one of the best methods for determining mistakes in form, trigger control and especially recoil sensitivity.

Before performing any dry-firing drill, be sure to unload the handgun and remove all ammunition from the room. Then, double-check that the handgun is unloaded. Do this both visually and by touch by inserting a finger into the chamber. Once there is no doubt that the gun is unloaded, obtain a shooting grip and take aim at a target in a safe location. While keeping the sights lined up, gently squeeze the trigger. Done correctly, there should be no wavering of the sights against the target when the hammer drops.

As with most skills, it is best to learn slowly and speed up as they develop naturally. In time, taking aim on a target will be fast and smooth, even when in a hurry.

At this point, it is important to combine the draw with the shot. Many ranges allow some degree of drawing and firing, depending on the method of carry. This is another advantage of strong-side carry, because it is one of the safer methods on the firing line. Almost everywhere, shoulder draw and cross draw are prohibited at firing ranges because the muzzle sweeps the line in the process of the draw. However, it is not hard to obtain



# OTHER GEAR

While a handgun and a good holster are required for concealed carry, there are a few other items you should consider adding to your gear—namely, a flashlight, knife and cell phone.

A small flashlight in your pocket provides illumination, of course, but it can also serve as a hard item that can be wrapped in a fist for striking. Additionally, today's tactical pocket lights have enough lumens to temporally blind an attacker, allowing a person to get away without anyone getting hurt.

A knife can be used to fend off an attack (and unjam a gun in a pinch) and has numerous everyday applications. However, it needs to be sharpened on a regular basis, or it will be just a dull piece of metal in your pocket.

Finally, a cell phone is probably the most important self-defense item after a gun, because the police should be called after any type of defensive encounter, even if the attacker walks way. If shots are fired, the defensive shooter needs to be on the line with the dispatcher as patrol cars roll up to prevent any misunderstanding of the situation.

Additionally, most cell phones have cameras that can be used to document evidence, such as any weapons the attacker used that could go missing in areas where the attacker might have friends. It is often up to the defensive shooter to prove that lethal force was required in a particular situation, and every tool should be utilized.

ways to keep skills sharp is by conducting a couple of drills in the morning as you get ready by combining drawing and dry firing.

It has long been recommended that those who swap between holsters and carry guns should spend a few minutes practicing after every change, but it is just as smart for someone using the same rig every day to add in a couple of presentations and dry fires at least a few times a week. This not only keeps skills fresh, it also allows one to become familiarized with getting around the cover garment.

Concealed carry requires the gun to be

> Present the gun toward the target, allowing the support hand to come up into a two-hand shooting grip as the gun levels between the eyes and the target.

# "GUN HANDLING AND ACCURACY ARE IMPORTANT, BUT GETTING THE GUN OUT OF THE HOLSTER IS THE FIRST STEP."





Once clear, rotate the gun toward the target. At this point the gun can be fired if needed



concealed, and there are many styles of shirts, jackets and vests that can be used to keep a gun out of sight. But all of them add at least one additional motion to a draw: Jackets must be swept back, and pullovers must be lifted to obtain access to the gun. And because very few people wear the same clothes every day, it is beneficial to take a few minutes to draw and dry fire a handgun while wearing that day's clothes.

# **ENTER THE MINDSET**

Once the rig has been determined and the skills to draw and fire are learned, the only element left to develop is the defensive mind-set, which is actually the most important tool in any situation.

While there have been multiple methods developed to describe levels of awareness, it truly boils down to whether a person is paying attention to his or her surroundings, particularly the people in those surroundings.

Someone with a defensive mindset will see the guy hanging back in the shadows of an alley and hear the pounding of feet of someone running up from behind. He or she will begin planning to either avoid (preferable) or confront (if required) the potential problems.

It might just be a guy taking a break or someone out for a jog, but the defensive mind is always scanning for potential danger and making a plan to stay safe. That person also pays attention to exits and always has a plan for getting to a safe zone of at least a wall to protect the back.

This, of course, isn't everything, because self-defense training never ends. No one knows everything about self-defense, so carrying a gun makes a person a student for life. Fortunately, the subject is interesting and fun, and learned skills can save lives. **ASG** 





HAVING A BACKUP
COMMUNICATIONS PLAN IS
ESSENTIAL TO DEAL WITH
LIFE-AND-DEATH SCENARIOS

STORY BY JIM JEFFRIES

# COMMS INTHE WORLD OFTERROR



error attacks have happened on U.S. soil several times since September 11, 2001.
Most of them have been small and of no direct consequence to the vast majority of the population. News of these attacks might have created fear or stirred anger and other emotions in our hearts, but very few of us have personally felt the true impact intended by the attackers. So far, America has been fortunate in that it has not again endured the type of well-planned, coordinated attacks we saw that day.

Hurricanes, wildfires and other natural hazards can be foreseen, allowing us to take steps to prepare for them or get out of their path. Terror attacks, however, can happen anywhere at any time—leaving us vulnerable to threats that most of us cannot even imagine, much less prepare for.

# **ESSENTIAL COMMS GEAR**

As a commuter, I always have my "gethome bag" (GHB), in my vehicle. Inside the moderately sized backpack are items I believe will improve my chances of making it home should I have to go it on foot or take an alternate route that could add several hours or possibly days to get there. Among those items are survival and navigation tools, a small amount of food (some ready to eat immediately), drinking water and the means for procuring more. Additional clothing and footwear are also included.

Some of the other gear in my GHB is seasonal, and the items will change depending on the time of year; this includes my sleeping and shelter systems.

One item in my GHB rarely seen in other people's kits is a reliable and effective means of communication. In an emergency, if I need to make contact with my family or group or need information about what is happening in the world around me, I know I can count on my handheld amateur radio transceiver.

One huge benefit of having a handheld transceiver, or HT, designed for amateur radio use is that it will receive radio signals outside its normal operating band.

# **GET REAL-TIME UPDATES**

Unlike radios designed for other radio services, such as the land mobile business band that requires programming before being used, ham radios are typically capable of tuning to a specific frequency via a direct-entry keypad in the field. An HT designed for the amateur 2 meter and 70 centimeter (VHF/UHF) bands will also receive on most public safety frequencies—including police, fire and emergency medical services. Even though many municipalities utilize trunked radio systems or digital radio schemes, most still use plain, old analog frequency-modulated (FM) radio for dispatch services.

In the event of a terrorist attack, having the ability to monitor public safety radio communications, even if it is just an ambulance dispatch channel, will provide real-time information. And those frequencies should be programmed into your HT beforehand.

Several websites provide current listings of radio frequencies used for public safety, as well as other services, for almost any location in the United States. One site in particular, Radio Reference (www.RadioReference.com), provides a searchable database that is continuously



◀ Having the proper

equipment will

key to responding



"ONE ITEM IN MY GHB THAT IS RARELY SEEN IN OTHER **PEOPLE'S KITS** IS A RELIABLE AND EFFEC-TIVE MEANS OF COMMUNICA-TION."

updated with frequencies of interest. Not only will you find local radio frequencies, you will also find links to live audio feeds from most areas in the United States. This allows you to listen in from anywhere directly on your computer or smartphone providing you have access to the Internet.

Once you have the frequencies for your area, write them down or print them out and keep them in an accessible location so you can enter them into your HT (tip: Put them with your transceiver's instruction manual in your purse or GHB). It is a good idea to tune to the frequencies before you need them to verify they are correct, but keep in mind that there might be long periods of inactivity, even on police channels. If desired, frequencies can be permanently stored in the radio.

In some states, it is unlawful to possess a receiver or scanner capable of receiving frequencies allocated for police communications in a motor vehicle; however, federal regulation preempts state and local laws, thereby allowing valid Federal Communications Commission (FCC) license-holders (hams, for example) to use inside their vehicles portable or mobile transceivers capable of receiving frequencies beyond the allocated amateur radio bands.

# HANDHELD TRANSCEIVERS— **CHOOSE WISELY**

Usually, HTs work fine out of the box; however, inside a structure, reception might be noticeably diminished. Replacing the

> The capability to as well as monito priceless ... anytime anywhere



factory "rubber ducky" antenna with a more effective aftermarket "whip" or connecting an externally mounted antenna when using the HT inside a motor vehicle will increase reception considerably.

During a crisis, there will be an increased amount of radio traffic, and your radio's batteries may run down faster than expected, so be sure to have spare batteries (and a way to recharge depleted battery packs) on hand. If your radio is capable of transmitting outside the ham band, make sure you do not inadvertently transmit on the frequency you are

Under no circumstances should you transmit on police, fire or EMS frequencies. If possible,



> With a VHF/ UHF radio, getting tuning in. A longer "whip" antenna pulls in the weaker signals inside buildings.

RadioReference.com е 🗯 > Internet resourc-

ham radio is simple via the direct-entry

"A TERROR ATTACK—OR, FOR THAT MATTER. **ANY OTHER** CATASTROPHE— SHOULD BE A TRIGGER TO PUT YOUR PLAN INTO ACTION ... "

you should temporarily disable the "transmit" function to ensure the radio can't accidently key up when monitoring public safety frequencies.

When choosing a handheld transceiver, it is important to select one that is easy to program and directly enter frequencies on the go. Radios requiring a computer connection to program are not suitable for emergency scenarios. Even if you have mastered programming your radio, make sure you have the operating manual available or have a written cheat sheet with the radio. This will help jog your memory and also help even someone unfamiliar with the radio to program it if you are incapacitated.

A great accessory to have on hand is a Nifty! radio guide from Nifty! Accessories (www.NiftyAccessories.com). These extremely durable reference guides are laminated to protect them against wear and are small enough to put in your purse or pocket. These guides are condensed, color-coded, concise and easy-to-read reference manuals or cards designed for specific models. They are available for most popular radios.

There are many HTs to choose from that will work for monitoring public safety frequencies (as well as meet your everyday amateur radio needs) and are available at prices that fit into any budget. Here are a few that are worth consideration:

The Kenwood TH-F6A triband handheld transceiver: With a street price of \$350 to \$400 dollars, the TH-F6A is one of the more-expensive handheld radios. However, this transceiver has the ability to transmit on the 2 meter, 1.25 meter (220 MHz) and 70 centimeter bands and can receive coverage from 0.01 to 1300 megahertz. It is also capable of monitoring AM, single-side band (SSB) and Morse code (CW) operation on the HF band. Considering all these features, the TH-F6A's price is justifiable (www.Kenwood.com/usa).

Yaesu's FT-60R: This transceiver has been in production for over a decade and is considered by many to be one of the best HTs on the market. Not only does it transmit on the VHF 2 meter and UHF 70 centimeter bands, it also has reception coverage through the 800 megahertz frequencies and beyond. Durable, reliable and easy to operate, the FT-60R is an excellent choice for everyday ham usage and can be depended on in the toughest of situations. Expect a street price of \$170 to \$200 (www.Yaesu.com).

The BaoFeng UV-82: For tighter budgets or as a secondary radio, this is an amazingly tough VHF/UHF handheld transceiver (it is still available but is being replaced by the higher-powered UV-82HP). This radio is guite a step up from the well-known BaoFeng UV-5R, although it is no easier to program than its sibling. It has very good audio qualities on "transmit" and "receive," and it has a long battery life. Reception is excellent, even with the factory antenna. This radio is capable of transmitting in the public safety frequency range, so extra care is necessary to avoid accidental transmissions. Street price for the UV-82 is around \$50, and the UV-82HP can be found for about \$70 (www.BaofengTech.com).

While a scanner might perform the task



"AS A COMMUTER, I ALWAYS HAVE MY 'GET-HOME BAG' (OR GHB), IN MY VEHICLE."



◀ The Kenwood fool you: This radio

Consider these three are capable of VHF/UHF operation



> Handheld radios have become very compact. Having such effective communications tucked away in a purse, briefcase or glove compartment is reassuring

"EVEN THOUGH MANY MUNICIPALITIES
UTILIZE TRUNKED RADIO SYSTEMS OR
DIGITAL RADIO SCHEMES, MOST STILL
USE PLAIN, OLD ANALOG FREQUENCYMODULATED (FM) RADIO FOR DISPATCH
SERVICES."



of monitoring public safety radio channels just fine, it lacks the versatility to transmit on amateur frequencies when needed. Pricewise, a scanner will cost as much as, or more than, an amateur handheld transceiver. The three radios listed above are examples of what to look for when shopping for a good radio for day-to-day and emergency use. You do get what you pay for, but even the less-expensive radios designed for ham VHF and UHF use will provide a means to gather real-time information from public safety sources and allow for casual, two-way communications.

# TIMELY PREPARATION

By now, your family or group should have a communications plan in place. A terror attack—or, for that matter, any other catastrophe—should be a trigger to put your plan into action (that is, make contact with your group members to ascertain their situation and condition and advise them of yours). When an event occurs, word will spread quickly, perhaps through a phone call received by a co-worker or over broadcast television or radio. Most often, the information will be less than accurate. Making good decisions requires reliable information. This is the time to start monitoring public safety channels to get information. Anticipating a terror attack may be impossible, but preparing for any catastrophe—natural or manmade—is practical and prudent. ASG









> To bring out the edge potential for the Clever Girl, the blade received a hollow-grind treatment that sweeps up to the point to make for a wicked slashing tool.

# THE CLEVER GIRL

One example of such a product is the Clever Girl, a nasty little minx of a knife that's ready to draw blood the first chance you give her. Designed to be a tactical/defensive knife, the Clever Girl is 10.13 inches long overall, with an upswept, 4.6-inch blade. It is designed to appear formidable and unnerving to the opposing party. This knife will not be mistaken for a hunting knife or a bushcraft tool; even the most inexperienced soul will immediately recognize its design intent: It is meant for serious fighting.

Clever Girl designer Austin McGlaun has some experience with dangerous work, and he leveraged that experience into designing a weapon that could be quickly deployed and easily used to protect oneself. McGlaun served in the 101st Airborne in Iraq and as a police officer in Columbus, Georgia, Based on that history, one can presume that McGlaun has the requisite knowledge to design a fighting tool that's deadly effective.

At 5.53 inches, the handle of the Clever Girl is longer than the blade but somewhat slender in design for maximum control over the knife. The longer handle affords the user plenty of room to shift or reverse the grip, depending on what kind of strikes they're about to employ.

A full-tang knife, the Clever Girl is constructed of SK5, which is a high-carbon steel that requires a little maintenance to prevent corrosion—particularly along the edge. The blade has a hollow grind for that extra degree of edge acuity, and the maximum thickness of the knife's steel is .158 inch. It has a powdercoat finish and weighs in at just 6.3 ounces.

# Specifications

- Overall length: 10.125 inches
   Blade length: 4.6 inches
   Weight: 6.3 ounces

- Blade thickness: .158 inchHandle material: Black G10

## **MSRP**

← The Clever Girl has an intimi dating profile and suggests the bearer is ready to get down to business. The hollow grind of the blade gives it an exceptionally keen edge for slashing attacks.

**HANDLING** 

As mentioned, the handle is fairly long, but slender, and is incredibly comfortable, whether you're using a sabre grip or a reverse grip. Since there's no need for absorbing impact like an outdoors knife, the thinner handle and grip slabs allow the user to wrap completely around the handle. if needed, while simultaneously offering the ability to employ a bit of finesse with the blade.

What surprised me about the handle was the great job of texturing that was done on the G10 slabs and how effective it was at helping the user keep a firm grip. With the weight biased in the handle, it's very easy to quickly maneuver the cutting edge of the knife, as well as re-direct the tip.

While a front-heavy blade will achieve greater momentum for chopping and hold

"... THE CLEVER GIRL [IS] A NASTY LITTLE MINX OF A KNIFE THAT'S READY TO DRAW BLOOD THE FIRST **CHANCE YOU GIVE HER."** 





during the trials. Most strikes penetrated five layers of the rug, including the burlap backing on each layer. This demonstrated that even thick layers of clothing, including most leather garments, would not provide any real protection against her bite. That was more than enough proof for me.

#### SOME FINAL THOUGHTS

One thing I've noticed with a significant number of knife companies is that no matter how good one of their products is, the carry system often misses the mark. That isn't the case with CRKT's Clever Girl.

The sheath is constructed of a mold-injected, glass-reinforced nylon. It provides a snug fit for the knife but isn't so tight that it makes extraction onerous or too slow. After all, carrying a knife like this for defense requires fast access.

The sheath comes with a Large Tek-Lok so you can mount the knife in a variety of ways. I'm left-handed, so when practicing with it, I set it up for a cross-draw on my right-hand side. The sheath is also MOLLE compatible, allowing it to be affixed to different types of gear, including vests, packs and other tactical accoutrements.

In all, I found the Clever Girl to be a great-handling knife with a slim profile that makes it eminently suited for concealed carry. Its MSRP is \$125, but it can be found for less on the street. At its price point, it's a great value, especially considering the quality and versatility of the sheath design. But beyond perceived value resides the most important question, and that is whether or not the Clever Girl fits the bill for an intimidating, portable, easy-to-access defensive knife that will take care of you when it counts the most. The only answer I can offer is that if it is used as intended, the Clever Girl will have your back. **ASG** 

# **SOURCE**

- 2 COLUMBIA RIVER KNIFE & TOOL INC. (800) 891-3100
- 1 WWW.CRKT.COM



# CERT-TRAINED VOLUNTEERS ADD TO A COMMUNITY'S READINESS TO RESPOND TO A LOCAL DISASTER SCENARIO TEXT AND PHOTOS BY CERT COORDINATOR JOE VOLPE



# ROGRAM

**BE PREPARED:** Sign up for a CERT class today. Learn preparedness skills and abilities. how to work on an unfamiliar problem with unfamiliar tools, in unfamiliar surroundings, in a time-compressed environment, to reach a common goal. Being prepared increases your chances of survival. Your preparedness and community response can save lives following a catastrophic event. In fact, the life you save might be your own.

Find a local CERT program and inquire about disaster training and volunteer opportunities. Additional information can be found emergency-response-teams.





> This training scenario shows a CERT volunteer "hidden" among mannequins, simulating a single survivor

> CERT training for

community volun-

lasts approximately

teers is extensive and thorough and

18 hours

atural and man-made disasters are a reality of life. A major disaster is inevitable at any time. After September 11, 2001, we were shocked with the realization that we are vulnerable and that we have to be responsible for our own safety and that of our families and neighbors. In order to deal with disasters, emergency preparedness must become a way of life.

Do you know how to protect your family in the event of an earthquake, fire, flood or terrorist attack? You can minimize uncertainty, fear and panic, decrease the amount of damage to your property, and increase your chances for survival. You can take action as an individual, as a family and as a community. Your number-one focus should be your own safety and the safety of your family and, ultimately, other disaster victims.

When a catastrophic disaster occurs, whether natural or man-made, you must of three to five days. If transportation, power, water, phone and other essential services are disrupted, you will need to be prepared at home, at work and in your vehicle. Public services, including the fire and police departments, could be interrupted and challenged beyond their limits. There might not be enough first responders who can respond to neighborhood emergency calls for help.

# **COMMUNITY EMERGENCY RESPONSE TEAM (CERT)**

This is where an interagency organization can help the average person and community to be ready to deal with emergencies that are atypical—although highly consequential. CERT is a community-based volunteer effort and is a component of the U.S. Department



be prepared to survive without local government intervention for a minimum of Homeland Security, Federal Emergency Management Agency (FEMA) and Citizen Corps program. There is no cost for this program, which is an 18-hour course developed by FEMA. It is designed to prepare you to help yourself, your family and your neighbors in the event of a catastrophic disaster.

# **FEDERAL EMERGENCY MAN-**AGEMENT AGENCY (FEMA)

To whom do you turn, and where do you start in order to be prepared for a major disaster? What kind of help can you expect from your local communities?

As stated on the FEMA website: "The Federal Emergency Management Agency's mission is to support our citizens and first responders to ensure that as a nation. we work together to build, sustain and improve our capability to prepare for, protect against, respond to, recover from and mitigate all hazards."

FEMA offers a free, 18-hour program





**♦** One important aspect of CERT training is showing volunteers how to safely extricate victims from locations in which they might be trapped.

✓ Getting to know the area of responsibility and becoming familiar with specific streets and locations are very important components of providing a quick response to those in need.



**With CERT** training, volunteers receive handson experience in the field dealing with emergency situations such as burning vehicles or huildings

# "IN ORDER TO **DEAL WITH** DISASTERS. **EMERGENCY PREPAREDNESS MUST BECOME A WAY OF LIFE.**"

through which you can learn about the impetus for the CERT program, how it works at the local level and what sets CERT apart and makes it unique as a disaster volunteer program.

The CERT course will benefit anyone who takes it. There is a role for everyone in CERT, from team leader to scribe. The course will better prepare you to respond to, and cope with, the aftermath of a disaster. CERT teams can provide immediate assistance to victims in their area, organize spontaneous volunteers who have not had the training, and collect disaster intelligence that will assist professional responders with prioritization and allocation of resources following a disaster. Since 1993, when this training was made available nationally by FEMA, there are more than 2,600 registered CERT programs conducting CERT training.

Because emergency services personnel will not be able to help everyone immediately, you can make a difference by using

the CERT training you receive to save lives and protect property. If a family member or neighbor has a serious bleeding injury, they will need the assistance of others in the community to find them and apply basic first aid to stop the bleeding. Without that help from neighbors, the injured person could die within a short period of time.

## A WAY OF LIFE

I grew up in a big city, and my parents taught our family to be aware of everything around us. Some might call it paranoia, but this passive awareness became a survival instinct. In the military, we called it "situational awareness." Being aware of one's surroundings and identifying potential threats and dangerous situations, including criminal situations, is vital.

Vigilance is a trait that cannot really be taught. It is learned through life experience. Alertness is the first principal of personal defense. It is a mindset more than a hard skill. Some people have it naturally, and some of us will have to learn and practice this skill. Situational awareness is not just for personal safety; it is also a fundamental building block in collective security.

We should know how to provide for our family's needs for an extended period of time—whether at work, home or on the road. We must all learn to become our own first-response team. The more we learn how to prepare and stay safe, the less fear we will have and the better we can function. We are all in this together and will have to rely on each other for help in order to meet any immediate life support needs.

# **FOOD, WATER, MEDICATIONS**

You do not have to be a "prepper" to assure basic family survival. There are three supplies we should all have at home, at work and in our cars. We do not know where we will be when a large-scale disaster occurs. Lessons from Hurricane Katrina in 2005 taught us that we need to have enough food, water and medications for at least five days.

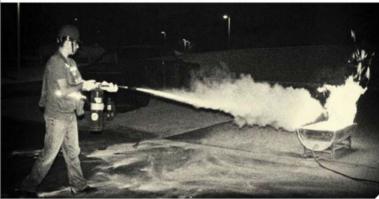
Canned foods with a long shelf life are very important. (Make sure to rotate the canned foods before their expiration dates, however.)

We also need a supply of clean water. As a rule of thumb, you would need I gallon of water per person and pet per day. Water can be sanitized with eight drops of

> If you or a family member is homebound, have a disability or special need, consider making specific arrangements for assistance.



) CERT volunteers play an important role in fire safety by extinguishing small fires, preventing additional fires, shutting off utilities and assisting with evacuations when necessary



> During actual emergency responses, it's necessary to get briefed regularly about ongoing situations and to effectively coordinate efforts.

"YOUR PREPAREDNESS AND COMMU-NITY RESPONSE CAN SAVE LIVES FOL-LOWING A CATASTROPHIC EVENT."



# "YOU CAN TAKE ACTION AS AN INDIVIDUAL. AS A FAMILY AND AS A COMMUNITY."

nonperfumed chlorine bleach per gallon (16 drops per gallon, if the water is cloudy). Let it stand for 30 minutes before you drink it.

The next items we need to include are our medications.

We should also include an extra pair of glasses and first aid supplies. Consider creating a go-bag for everyone in your family. Supplies should be able to sustain you for three days and preferably, a week. Electricity, water, gas and phones might not work. And if you are forced to evacuate, supplies should be easy to access and carry. Inspect your kit regularly, and rotate the food and water regularly.

# THE THREE KILLERS

Everyone's survival will depend on mitigating three potential killers in the case of iniuries.

First, breathing: Is the victim breathing? Our first priority and main concern should be to ascertain that they are breathing. If the victim is not breathing, then their head should be tilted back and their jaw opened. This should allow airflow.

Is the victim bleeding excessively? The second killer should be stopping any excessive bleeding. Death will occur within minutes to several hours due to uncontrolled bleeding and the severity of the wound. The bleeding will cause a victim to go into shock, and eventually, the victim will die because blood is not getting to their organs.

You should apply direct pressure with a clean pad or cloth, pressing firmly until the bleeding stops. Elevate the wound above the heart. If the wound continues to bleed, you need to apply pressure on one of the body's pressure points. The radial pressure point is on the inside of the bent wrist; the brachial pressure point is in the upper arm on the inside of the arm muscle; the femoral pressure point is on the inside of the thigh. Over 95 percent of bleeding can be controlled by direct pressure and elevation.

The third killer is shock: Is the victim in shock? The main signs of shock include rapid and shallow breathing, capillary refill of over two seconds and failure to follow simple commands such as "Squeeze my hand." Symptoms of shock are easily missed, and you must observe the victim carefully.

# O THE REATEST

The CERT program is about readiness, people helping people, rescuer safety and doing the greatest good for the greatest number of people after a disaster. Because citizens will initially be on their own, their actions can make a difference.

CERT training provides a positive and realistic approach to emergency and disaster situations and covers basic skills important in a disaster—when emergency services are unavailable. With training and practice, you will be able to do the greatest good after a disaster while also protecting yourself from becoming a victim.



In addition to theory, practice is employed in following certain procedures and protocols to ensure that volunteers have real experience with the subject matter.



An immediate solution for someone in shock is to lay them on their back and elevate their feet between 6 and 10 inches. You should control any obvious bleeding, as explained above.

Maintaining body temperature is important. and the victim should be made comfortable. They might be nauseous and thirsty. Do not give them any food or drink. A simple rule of thumb is. "If the face is red, raise the head, If the face is pale, raise the tail."

# **BE PART OF THE SOLUTION**

Hoefully, under these kinds of conditions, family members, fellow employees and neighbors will naturally try to help each other. This was the case in 1985, following the Mexico City earthquake. Untrained, spontaneous volunteers saved 800 people. Unfortunately, 100 volunteers lost their lives while attempting to save others.

This is a high price to pay. It is preventable through training. With some knowledge of what to do and where to start, you will have a better chance of being part of the solution and not part of the problem. ASG



# SECURITY SECURITY

LIFE SAVING TECHNIQUES TO COMBAT VIOLENCE IN THE WORKPLACE

BY JIM COBB

"A ROOM WITH A STRONG DOOR THAT CAN BE LOCKED OR EAS-ILY BARRICADED WOULD BE BEST; IDEALLY ONE WITH A TELE-PHONE SO YOU CAN CALL 911."

this day and age, we need to be concerned—not just about road rage during our regular commute, but also about the possibility of violence visiting us while we're at work. Back in the 1980s and into the 1990s, workplace violence incidents seemed to dominate the news. For example, beginning in 1986 and lasting about 10 years, there were close to two dozen shootings involving current or former employees of the United States Post Office. This is what gave rise to the term, "going postal,"

which is often used to describe someone

losing their temper in a violent manner.

t is an unfortunate reality that in

This trend of violence in the workplace hasn't gone away, either. Today, rather than worrying about the postal carrier going off the deep end, we are under a constant threat of terrorism—domestic or otherwise. Given that we spend a third or more of our daily lives at work, we need to consider the very real possibility of being affected by a violent incident at some point during our working years.

We know these risks exist, and they have for some time. This is where we put theory into practice and take proactive steps to mitigate our risks of violence in the workplace.

#### **SCOPE IT OUT**

If there is a violent incident at work, you have two choices: Stay or go. The preferred response is to get out of the area—that is, if it's safe. Head for the nearest exit, and hit the high gear.

It is too much to hope that employers would regularly hold evacuation drills, so you need to do your own homework. Take the time to familiarize yourself with the building. Learn where each and every exit is located. Know what is on the other side



Many active shooter attacks last just minutes, so if you are unable to find true safety in a strong, locked room, at least look for areas that are secluded and out of the way. If you're not in the open, the few minutes you gain by hiding might just make the difference.

of those exit doors, too. It could be that some of them open to scaffolding and ladders, rather than stairs. Your employer should ensure that all emergency exits are always clear and easy to access. In reality, this doesn't always happen, and sometimes, blocking an exit is truly unavoidable, although (hopefully) only temporary.

In any event, if no one else seems to want to take care of it, consider volunteering to monitor and clear the emergency exits on a regular basis. The last thing you want is to be doing Mach 3 toward one of them with an assailant hot on your heels—only to find your escape route blocked by a stack of pallets (not to mention that your employer could face severe fines and penalties if OSHA stops in and finds blocked fire doors).





If, on the other hand, escape isn't feasible, you'll need to know the best locations to hunker down and wait it out. A room with a strong door that can be locked or easily barricaded would be best; ideally, one with a telephone so you can call 911. Failing that, look for locations that are out of the way and thus not likely to be searched by an assailant. Remember, too, that there is a big difference between "cover" and "concealment." The latter hides you from view but provides little to no protection. Cover, on the other hand, keeps you hidden and also helps prevent you from suddenly developing any new holes in your body.

#### ASSEMBLE A SHELTER-IN-PLACE KIT

There are a many scenarios that could result in you having to shelter in place at work for several hours, perhaps even overnight. A domestic terrorism incident in the area, such as a bombing or mass shooting, could put your workplace on lockdown. It might not be your employer keeping you inside, either, but the authorities. They won't want anyone wandering around outside until they are certain it is safe to do so.



#### "A FLASHLIGHT WILL BE A HEAVEN-SENT KIT ITEM IF THE POWER GOES OUT."

A small kit with just the bare essentials can be enough to sustain you for several hours until the situation is resolved. Before focusing on the kit make sure of vour surroundings and be sure you're relatively safe before diverting your attention.

With that in mind, it makes sense to have a few items stashed at work that will make you comfortable while you hunker down and wait for the all-clear. While most of these things are probably duplicated in your bugout bag or gethome kit, if you keep those packs in your vehicle, you won't be able to access them during the emergency. The idea is to have a small collection of things that will get you through several hours stuck at work.

You probably already have a cell phone, which will be useful in letting your family know you're okay, as well as surfing the Web for news updates. I would recommend keeping a portable charger at work. (How often have you forgotten to charge vour phone before you headed off to work? "Murphy's Law" dictates that your phone's battery will die just when you need it most.)

A lockdown likely won't run on so long that food becomes a real issue. But, some snacks and a few bottles of water won't take up much space. Stick with things that will last awhile without going bad. If vou're figuring on just hitting the vending machines, remember that they won't work if the power goes out.

Great options for food in your workplace kit include dried fruit, nuts, chocolate and crackers. Hard candy is excellent to have on hand, too, because many work environments are very dry, and the candy can help stave off sore throats and such. Avoid anything that requires any sort of heating or complicated prep work before

As for hydration, it's better to be safe than sorry in case the plumbing is not working. Add at least three bottles of water to your workplace kit. You might not need any of them, but it is better to have them and not need them than to be thirsty and curse vourself for not thinking ahead.

A flashlight will be a heaven-sent kit item if the power goes out. You might be surprised just how dark your workplace can be, even in the middle of the day if there aren't many windows. One excellent option is the Streamlight ProTac HL USB (it charges via USB, hence the name). You can leave it plugged into your computer at work so you'll never have to worry about dead batteries.



# WEAPONS IN THE WORKPLACE

What about a weapon? In an ideal world, you and all your co-workers will have completed extensive handgun training and be well versed in using a firearm in chaotic, low-light situations. Further, your workplace would not only allow, but also strongly encourage, concealed carry.

Out here, in the real world, however, that is rarely the case (unless you work in law enforcement). Many workplaces have enacted rules specifically forbidding the possession of weapons while on the property—or at least on the clock. Violation of these weapon bans might result in termination, so they are not to be taken lightly.

On top of that, if you were to bring a firearm to work and use it in a crisis situation, even if such use is justified under the law, you would likely face immediate termination. It won't matter if you saved the lives of 100 of your co-workers. The powers that be are typically more

AUSTRIA concerned about potential liability than they are about almost anything else. I'm not going to tell you to willfully violate any workplace weapon bans and bring a firearm to work. I'm also not going to tell you to leave all your weapons at home. What I will tell you is this: Be sure you fully understand any and all workplace rules, as well as state statutes and local ordinances, covering the carrying and use of weapons. It might well be that handguns are, indeed, forbidden, but you can have other weapons, such as pepper spray or stun guns. You might also consider that having your employer terminate you for violating the rules might be better than having a domestic terrorist terminate you for being in the

# "... WE ARE UNDER A CONSTANT THREAT OF TERRORISM— DOMESTIC OR OTHERWISE."

wrong place at the wrong time.

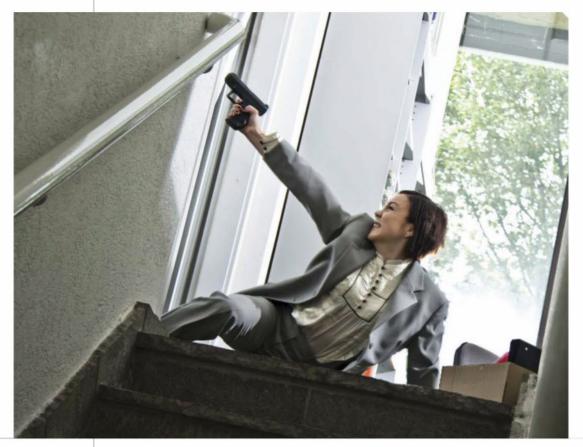
You might also want to toss a travel package of baby wipes and a small bottle of hand sanitizer into your kit. Depending on how long you end up stuck at work, being able to wash up a bit without resorting to using the soap dispenser and paper towels will be appreciated.

Most workplaces have some sort of first aid kit on hand, but you might consider packing your own—nothing fancy or elaborate—that includes some adhesive bandages, anti-nausea medicine, pain relievers, etc. Of course, for more-serious events, it's a great idea to have a small trauma kit on hand at your workplace.

I like to keep a hooded sweatshirt at work in case it gets chilly. Even if the temperature is comfortable while working, if you end up wanting to doze off for a bit, you'll appreciate having something you can use as a makeshift blanket.



> The United States Constitution protects the right of self-defense; it is also one of the most important rights of natural law. Whatever decision you make in this regard, make sure you're trained and able to employ the means of protection you



∢ A lot of companies prohibit employees from carrying a firearm on the premises. If you choose to obey that rule, there are other self-defense options availablesuch as a stun gun or pepper spray. These options, however, are not as decisive as a wellaimed shot from a firearm.

All these items can be stored in a canvas shopping bag and stashed under your desk or in a locker.

Domestic terrorists are merely the latest in a long line of usual suspects when we hear that an office building or factory has been the latest shooting location. Whether the culprit is a homegrown member of ISIS, a disgruntled former employee or the soon-to-be ex-spouse of a co-worker, it pays to take the time to plan for possible evacuation, as well as assemble a workplace shelter-in-place kit. Putting theory into practice is the only way you'll truly be prepared. ASG



> It's a tough decision to make: Submit or fight





✓ Seconds will count when it comes to making the best decisions during an attack. The police will respond, but that will take minutesand even then. they will focus on the threat before assisting any victims. Plan ahead for such an event so you will have your response mapped out ahead of time.

# 

DEALING WITH GUNSHOT WOUNDS DURING AN ACTIVE SHOOTER SCENARIO

BY JOE ALTON, M.D.



"ANOTHER PART OF NORMALCY BIAS IS THE BELIEF THAT LAW ENFORCEMENT AND EMERGENCY MEDICAL PER-SONNEL ARE ALWAYS AT HAND."

hese days, it's difficult to follow the news without reading reports of the latest shooting by terrorists or the deranged and disgruntled. Few citizens believe that they could possibly wind up in the crosshairs of a gunman's sight. But it's becoming clear that it can happen anytime and anywhere. What would your response be?

The natural response for most people is to do nothing, due to what we call "normalcy bias." That's the tendency for people to believe everything follows a pattern and that the day will proceed normally because, well, it usually does. When a terrorist event breaks that pattern, however, the unprepared brain takes time to process this new scenario. People think the noise of gunfire is a blown tire, firecrackers or anything but an assassin out to kill them.

Another part of normalcy bias is the belief that law enforcement and emergency medical personnel are always at hand. While these public servants do the best they can to mitigate the damage caused, most mass shooting events end in a few minutes. There is little or no chance help will be there just at the moment you need it.

#### **HAVE A PLAN**

Without a plan of action, you'll likely follow the herd. If 50 people around you drop to the floor, your tendency will be to do the same. Cowering in fear under a table, however, in plain view of the shooter isn't a recipe for a good outcome. By having a plan, you will have a better chance of getting out of there alive.

Let's say you're at the mall. What would your plan be if you heard gunfire nearby? What would you do first? Run?



> This is the last thing you'll see if you don't take action and fight.



A poor choice can result in a death sentence.



# ATMENT

Using the supplies mentioned in the article, you will administer the following course of action to treat a gunshot wound:

- Put on gloves and cut off the victim's clothing to expose the wound.
- Apply firm pressure with your dressings on the bleeding blood vessel. Don't remove a bandage that gets saturated. Place others on top of the first one. If this fails to stop the bleeding, place a tourniquet tightly 2 or more inches above the wound—but avoiding joints. Place a second tourniquet above the first if necessary.
- Mark the date and time.
- 4 If the victim is still bleeding, remove any soaked dressings and place Celox or Quikclot directly on the bleeding vessel.
- **5** Cover it with additional dressings.
- 6 Apply the compression bandage on top of the wound.
- Cover the victim with a Mylar blanket or other covering to keep them warm. Raise their feet 12 inches above the level of the heart (note: Don't do this if the wound is in the abdomen).



Top of page: If it is not treated, this wound will most likely be fatal.

# BLOOD LOSS



First, a little information about blood loss: An average-sized human adult has about 10 pints of blood. The effect on the body caused by blood loss varies with the amount of blood loss incurred:

#### 1.5 PINTS (0.75 LITERS) OR LESS:

There is little or no effect; you can donate a pint of whole blood, for example, as often as every eight weeks.

#### 1.5-3.5 PINTS (0.75-1.5 LITERS):

The victim is usually agitated and has a rapid heartbeat and respiration. The skin becomes cool and might appear pale.

#### 3.5-4 PINTS (1.52 LITERS):

Blood pressure begins to drop; the patient might appear confused. The heartbeat is usually very rapid.

## MORE THAN 4 PINTS (MORE THAN 2 LITERS):

The patient is now very pale and might be unconscious. After a period of time with continued blood loss, the blood pressure drops further, the heart rate and respiration decrease, and the patient could die.

If so, where? If you couldn't run, what would you do? Hide? These are things you should be thinking about whenever you're in a crowd. You might think that's excessive, but it's the "new normal" into which we've all been thrust.

With an active shooter, what you do in the first few seconds could determine your final outcome. Give yourself a head start by always knowing what's happening around you. We call this "situational awareness." Know where the exits are. Know where the gunshots are coming from, and head in the other direction—fast.

You'd think everyone knows this, but in this era of people immersed in their smartphones, few are situationally aware and become easy targets for the active

> SWAT tourniquet in action: Stretch, wrap and tuck

> Always mark the time of the tourniquet application.

shooter. You might find yourself in the presence of a threat and also in the presence of wounded that need help.

However, the truth is that you shouldn't stop to help the injured if you're in the line of fire. Even law enforcement won't attend to any wounded until the shooter has been neutralized. You don't do anyone any good if you become the next casualty.

#### **NEXT CASE**

Let's consider this scenario: You're in an office building. A gunman has entered and started shooting. The exit is blocked, and you don't have a way to leave the building. A person who is bleeding heavily from a gunshot to the thigh is stumbling toward you. You grab them, and you both go into the nearest room, in which a couple of employees are cowering in fear. The door opens inward, but there's no lock. Gunshots are still being





fired, and you don't know if the shooter is heading in your direction.

The first thing you must do is lay the wounded victim down and help the employees push heavy furniture against the door. Turn off the lights and remain silent. Have someone quietly call 911. For the time being, you have a barrier against the gunman getting in, but you've got a bleeding victim as well, and you must act.

#### **DEALING WITH THE** WOUNDED

Your victim is pale and agitated, but you explain who you are, that you're there to help and that it's important to stay quiet. One of the employees takes an armful of files to put under the feet of the victim so they're elevated to about the level of the victim's heart (the "shock" position).

You don't have medical supplies on hand, so you quickly remove your shirt and use it to apply direct pressure on the wound. In the grand majority of cases, direct pressure on the bleeding vessel might stop bleeding all by itself. However, in this case, it doesn't. You take a scissors to cut away the pants leg and look for an exit wound, but there isn't one; it might





Top of page, left: Hemostatic agents such as Celox can stop bleeding if placed directly on the bleeding vessel.

Top of page, right: Compression dress ings keep pressure on the wound



> Direct pressure will stop bleeding in many cases.





**⟨** Above: Use shears to cut away clothing for full wound exposure.

> Improvised tourniquet

> Direct pressure is the cornerstone of hemorrhage control.





be that the femur (thigh bone) took the brunt of the bullet's impact.

You decide that a tourniquet is needed, but you'll have to improvise. You take a fashionable scarf from one of the employees and tie it tightly 2 or 3 inches above the wound.

This isn't enough to stop the bleeding. To get more pressure, you take a letter opener, tie a knot over it and twist it until the bleeding stops. It works: You feel for the pulse in back of the knee and it's not there. You tie another knot to anchor your makeshift tourniquet in place and cover the victim with a jacket to keep them warm.



Looking to increase the casualty count, the gunman tries to enter, but everyone pushes against the furniture barring the door. He shoots through the door, but no one is hit. Knowing his time is short, he moves on to find easier targets. The SWAT team arrives and, after a short firefight, the event is over. A medical team arrives to transport your patient and other casualties to the trauma center.

What if your victim was shot in the chest and his breathing is becoming shallow? It's possible a lung has collapsed. In this case, an ordinary plastic bag that you can tape over the wound on three sides will prevent air from entering through the wound and allow the lung to re-inflate. If there's an exit wound, do the same there.

## BEING READY FOR THE UNEXPECTED

You did the best you could with the materials on hand, but what medical items would have made the job easier? The ideal kit would have the following items:

**Nitrile gloves** (to avoid latex allergies) to decrease the risk of wound infection;

**EMT shears or bandage scissors** to cut away clothing and expose the wound safely;

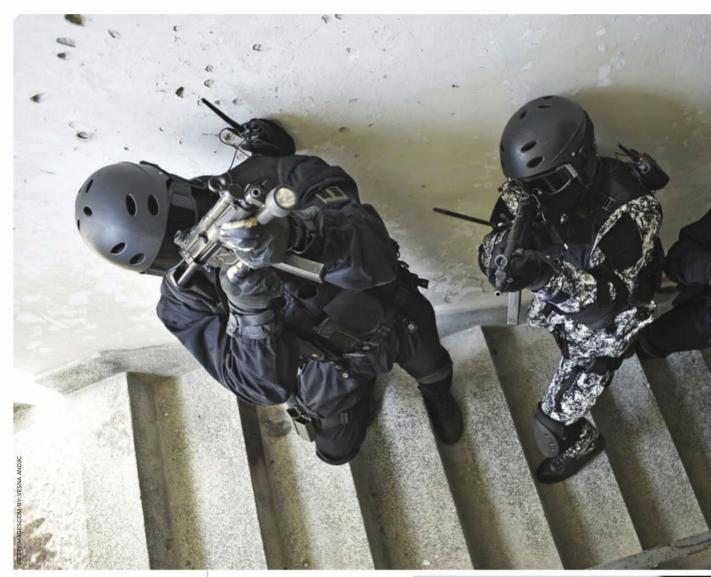
"WITHOUT A PLAN OF ACTION, YOU'LL LIKELY FOLLOW THE HERD. IF 50 PEOPLE AROUND YOU DROP TO THE FLOOR, YOUR TENDENCY WILL BE TO DO THE SAME."



Mylar blankets are compact and will help keep the victim warm.







"... IN THIS ERA OF PEOPLE IMMERSED IN THEIR SMART-PHONES, FEW ARE SITUATIONALLY AWARE AND BECOME EASY TARGETS FOR THE ACTIVE SHOOTER." **Compressed gauze** (have several available to deal with heavy bleeding);

**Tourniquets:** SOFT, CAT and SWAT are some popular brands. SOFTs and CATs can be easily placed with one hand. Although most easily used with one hand, the SWAT can handle thin arms better, such as those on children. You might consider having at least two, in case the first one isn't sufficient to stop the bleeding.

**Hemostatic agents:** Celox and Quikclot will stop the bleeding quickly with direct pressure.

**Compression dressings:** Bandages such as the Israeli battle dressing will allow you to cover the wound with pressure. This is especially useful if you have to leave the victim for a time to care for others.

**Vented chest seals:** Hyfin, Bolin, Asherman and others allow venting of air out while preventing air from entering chest wounds.



> Law enforcement protocol puts neutralizing the threat ahead of treating any casualties.





Tape: to help fix chest seals and dressings in place; and

**Mylar blanket:** to keep the patient warm. Anything will do, but a Mylar blanket is compact and will fit in your kit.

The brand-name items above are just some of the commercially made medical supplies that can serve the purposes listed. You might have another brand that is your favorite that also provides airways and other supplies. The important thing is to know how to use everything quickly and effectively.

#### ONE MORE THING

Before we finish, let's consider one last scenario. What if the shooter breached your hiding place? You might have to fight against someone who is armed.

This scenario isn't always doomed to failure. You might be able to subdue an attacker, even if you are unarmed. Three unarmed men were able to stop a shooter on a train in Paris not long ago. It's a last resort,





"AGGRESSION
AGAINST A GUNMAN MIGHT DISRUPT THEIR 'FLOW'
AND POSSIBLY PUT
YOU AT AN ADVANTAGE."

but it can end without a fatality, as it did there. If you don't fight, the shooter will have a clear shot to your head, and death is likely. If you fight, it might be harder for the assailant to fire a fatal shot.

Aggression against a gunman might disrupt their "flow" and possibly put you at an advantage. If you can, approach him from the side or rear, and go for his weapon. If you have help, everyone should attack at the same time from different directions while hurling objects he has to dodge. This guy is probably not a marksman nor a martial arts expert; he'll be disconcerted and not be able to handle multiple threats at once.

Luckily, it's unlikely you'll ever find yourself in the midst of a terrorist shooting, but you'd better believe that more are coming. Having a plan (and a kit) for active shooter situations might seem extreme, but it's part of life in the "new normal." You should hope for the best but prepare for the worst in the uncertain future. **ASG** 

# ABOUT THE AUTHOR

Joe Alton, M.D., is a physician and co-author of the Survival Medicine Handbook, as well as the founder of www.doomandbloom.net.



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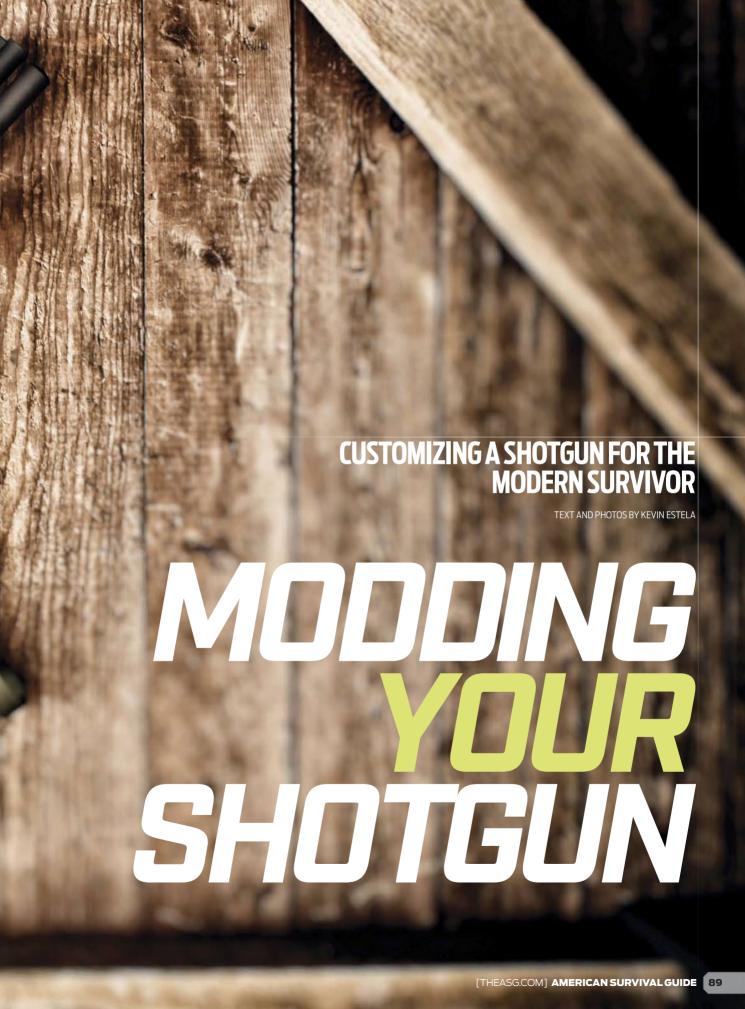
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> The Remington 870 is the most popular pump shotgun in America. It is commonly found in the 28-inch ventilated rib configuration that is perfect for hunting. The standard configuration can be modified with countless aftermarket accessories.

he shotgun is quite possibly the most versatile firearm in the survivor's collection.
Sure, the .22 LR is probably the most common rifle round, and the AR and AK are two of the most popular and coveted intermediate rifles. However, the shotgun is modular, adaptable and capable of taking down any animal in North America, making it highly unique and irreplaceable.

From the early days of the smoothbore blunderbuss to the modern military Benelli M4, the shotgun has endured; it has survived, and it is an absolutely necessary firearm for those serious about their survival. In the hands of hunters in the field or tucked in the closet of a bedroom, the shotgun fills an important role in the modern world. If there is a threat to the United States on our soil, shotguns will be there on the frontlines, defending freedom and protecting our safety.



If this domestic scenario plays out, the modern survivor has many decisions to make when selecting how to convert their hunting shotgun into a defensive or offensive tool. (Cue the flashback to the scene from the movie, *Red Dawn*, when Robert takes a hacksaw to his pump gun.) Because there is no shortage of shoptalk and urban legends surrounding the shotgun—elevating it to mythical proportions—it makes sense to analyze its realistic capability with respect to effective range, accuracy and capacity.

Also important is understanding the benefits of certain accessories and evaluating the return-on-investment each provides. Once your shotgun has been modified with aftermarket accessories, it is important to train realistically and learn the limitations of your firearm.

What follows here is a breakdown of common accessories worthy of consideration and how to practice for the day or night you hope never comes.

#### **RECOMMENDED MODIFICATIONS**

Weaponlight forend and stock: Because low-light and no-light conditions are possibilities, any firearm you own that is intended for self-defense should be equipped with a weaponlight. Without one, you limit your ability to discriminate between targets. Basements can turn day into night, and there might come a time when you need your

SE Suref way to if in three option in rail motors.

( While wooden stocks are arguably more pleasing to the eye, synthetic stocks are more durable. Some, such as the Magpul SGA Stock, are adjustable for length-of-pull. Pictured here are a standard walnut stock, synthetic, pistol grip and Magpul SGA.

⟨ A weaponlight, such as the Surefire DSF 870, is an effective way to illuminate a target to assist in threat discrimination. Another option is selecting a forend with a rail mount for a tactical light such as the Surefire X300.

#### "FROM THE EARLY DAYS OF THE SMOOTH-BORE BLUNDER-**BUSS TO THE MODERN MILI-**TARY BENELLI M4. THE SHOT-**GUN HAS ENDURED ... "**

firearm to address potential threats in the dark. This upgrade should be one of the first, because it will improve your ability to see your target during all hours of the day.

Your budget is a major factor in determining what you purchase and how you will mount it. A simple forend with a rail section allows you to mount universal weaponlights or handheld lights with a Weaver ring at the 3, 6 or 9 o'clock positions. A more dedicated forend, such as the Surefire DSF-870, is more streamlined and ergonomically easier to use with the fingers of the support hand. Also, there is no tape-switch wire to snag when retrieving the weapon for use.

If you have surplus funds after purchasing your weaponlight, invest in quality spare batteries; high-output lights are notorious for draining batteries guickly.

If your shotgun originally came with a walnut stock, you can upgrade it to an identical synthetic version or one of the many aftermarket models. Unlike wood, synthetic stocks are impervious to the weather and will not shrink or contract with changes in temperature. Magpul Industries makes an excellent replacement stock, the SGA, with ambidextrous sling attachment points, adjustable length-of-pull from 12.5 inches to 14.5 inches via stock spacers, and risers to accommodate a more natural



# SHORT-BARRELED INGTON

Browse the racks of used guns at your local gun shop, and you'll inevitably find any number of used Remington 870 shotguns in various configurations. These firearms can be purchased for next to nothing, compared to black rifles and brand-new tactical shotguns. If you are looking for a backup shotgun, assuming you don't want to modify your field-grade shotgun, you have some great options.

#### **OPTION 1: SHORT-BARRELED SHOTGUN**

Short-barreled shotguns are regulated items. They are class III and require a \$200 tax stamp for transfer; and you can expect to wait awhile for the government to process the paperwork. These shotguns reduce the length of the barrel commonly to 12 or 14.5 inches. Paired with a short lengthof-pull stock, the overall length of the firearm can be very compact. If movement in a confined space is a major concern, this option might be for you. Others might find the cost, wait and marginal benefit insufficient justification for an additional shotgun of this type.

#### **OPTION 2:** THE WILSON COMBAT "REMINGTON STEAL"

Wilson Combat is a name synonymous with quality. Years back, this company started a program called the "Remington Steal." Wilson Combat's shotgun department, "Scattergun Technologies," takes customer-supplied shotguns and completely reworks them into modern tactical guns. The worn-out parts are replaced, the standard safety is replaced with a big head safety, the chamber is enlarged to accommodate 3-inch shells (if currently 2%-inch shells), the stock is replaced, and the whole firearm is refinished in a durable parkerized finish. Starting at \$229.95, this one-stop modification takes the guesswork and labor out of upgrading your gun.





The standard capacity of the Remington 870 is four plus one round in the chamber. Magazine extensions, such as this one from Wilson Combat, are available to increase firepower to six plus one round.





> The Wilson
Combat Trak-Lock
II front sight is
available with
a tritium insert.
Tritium does not
help you see in the
dark and is meant
for low-light target
acquisition with
the assistance of a
weaponlight.

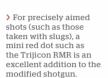
cheek weld for use with optics.

Magazine extension: The standard magazine capacity of a Remington 870 is four plus one rounds. Magazine extensions are available to increase capacity by one, two or three rounds, as well as to greater capacities for competition guns. As long as the firearm is not unwieldy, a magazine extension should be added that extends as far down the barrel as possible. Even a +2 extension will provide 50 percent more firepower than a standard magazine. Having two extra rounds could mean the difference between success and failure ... that is, between life and death.

Before you purchase a magazine extension, run your finger along the inside of your magazine tube. If you feel two small dimples nearest the screw cap, your



> If you already have a handgun weaponlight, an economical way of attaching it to your shotgun is with a modular forearm with a Picatinny rail section. This way, you can swap the weaponlight out where it is needed.





magazine tube will not allow an extension. However, in these cases, it's possible to just replace the entire magazine tube for a higher-capacity one instead of just adding an extension.

Remington 870 extensions, as well as those from Wilson Combat, are easy to install just by replacing the factory magazine spring. While you are in the process, replace the factory magazine follower with a high-visibility follower, and make sure you replace the spring from the standard capacity to the longer one that fits the longer tube.

Picatinny receiver rail mount (and Trak-Lock II sights): The easiest and most convenient way to install a lightweight optic to a shotgun receiver is with a MIL-SPEC Picatinny rail. Unfortunately, unless your shotgun was purchased recently with one equipped from the factory, the user must have one installed by a competent gunsmith.

Of all the secondary rail attachments on the market, the all-steel Badger Ordnance is my top pick. The trade-off of weight to durability over aluminum is worth the extra ounces on a firearm never intended to be lightweight. If you plan on frequently mounting and removing your optic, the steel will hold up better and will tolerate accidental abuse.

The Picatinny rail will likely get in the sight picture of your front bead or rifle sights. If you wish to have the best of both worlds, a set of Wilson Combat Trak-Lock sights can be added to provide the shooter with traditional sights that sit higher than the Picatinny rail. These sights are incredibly durable and are available with tritium inserts for night-sight capability.

As I pointed out, the installation of these parts should be left to a competent gunsmith. Drilling and tapping the receiver, as well as pinning the front sight through the bead base, are not cleanly accomplished by the average person. You can also elect to modify the receiver of your shotgun and then use filler screws to fill in the holes when you don't want the sights or rail on your firearm in a more traditional role as a hunting gun.

Micro red dot: Red-dot sights are very common on competition race pistols, as well as on rifles used by police and military personnel. The concept is simple: Align a single dot on a target instead of the traditional front and rear sight. The perceived damage from the pounding recoil of the shotgun, combined with the belief that shotguns should be pointed instead of aimed, can explain why these sights might still not be installed on some guns. However, technology has improved, and the red-dot options for shotguns are more durable and more compact than before.

One of the more prominent names in the business is Trijicon, whose RMR red-dot sight is no larger than a 9-volt battery. This 1-MOA red-dot sight helps deliver consistent, exceptional

accuracy with rifled and saboted slugs at longer distances. The intensity of the brightness can be dialed in, and the impressive battery life allows the user to keep the optic turned on for years on end.

UN TECH

At close distance, the target can be placed within the confines of the RMR window for general accuracy and then tightened up using the red dot for more-precise aiming.

Another option that is gaining great popularity is the Aimpoint H2 sight. This sight is found on competition shotguns for a reason: Anyone who is proficient and fast with traditional sights is even faster with a red dot.

Two-point sling: Slings on shotguns is a touchy subject. Some say they interfere with the manipulation of the slide and get hung up on everything. Modern slings, when used properly, help improve accuracy and aid in transitioning from shotgun to handgun. You know the layout of your home better than anyone else, including intruders, so you should have no problems moving deftly about your quarters.

A sling such as the Viking Tactics Wide-Padded Sling is adjustable in length via a quick pull on a lever or piece of paracord fob. If you have to leave your house in an emergency, the ability to free your hands of your firearm as you carry other supplies will be invaluable. A sling to a shotgun is much like a holster to a handgun. If you wouldn't leave your home without a holster, don't leave your home without a sling on your long gun.

## Shotshell holders and support bag:

I've met many homeowners who keep a shotgun in case of threats inside their houses. However, most of these shotgunners have only prepared for using it in a scenario within the confines of their home. What happens if a firearm must be grabbed on the go? Do you have ammunition ready to go? Perhaps a cleaning kit for the field and, hopefully, some trauma gear are nearby, too.

If you have a firearm, you should be ready to move with it, because shooting scenarios are highly dynamic and might require it. Anyone serious about their safety and well-being should keep a loaded support bag supplied with necessary equipment to keep their shotgun running. It should contain extra ammo in shotshell sleeves, a 12-gauge bore snake, spare weaponlight batteries and other essentials.

#### "ONCE YOUR SHOTGUN HAS BEEN MODIFIED WITH AFTERMARKET ACCESSORIES, IT IS IMPORTANT TO TRAIN REALISTICALLY AND LEARN THE LIMITATIONS OF YOUR FIREARM."



#### **TRAINING**

Once you finish upgrading your shotgun, make sure to test-fire it. This range time will determine if the parts added to your shotgun will hold up under recoil or if they will fall off because they were improperly attached. Also, depending on what upgrades you made, you will need time to adjust to the new feel of your shotgun. You might have fired thousands of rounds with it in its original configuration, but it is essentially a new firearm at this point and should be considered "foreign" and in need of familiarization.

If you have never practiced with your shotgun for nonsporting use, you might never have learned to tactically reload your firearm or download a round to load a special round. If you

The Aimpoint H2 is a compact, red-dot option for the modern combat shotgun. Slightly larger than a 12-gauge shell, this red dot can be left on for hours and helps provide precision shots with slugs

> The author believes in carrving slugs at the ready. The Safariland Shotshell Carrier holds four rounds securely until they are needed.

were willing to spend hundreds of dollars on upgrades, spend a few extra dollars to purchase inert snap caps for training at home.

Observe basic firearms safety rules while you learn how your shotgun operates. Practice loading and unloading it, as well as moving and cycling rounds where you intend to use it. If you regularly carry a sidearm, learn how to transition from long gun to handgun. Marksmanship is only one aspect of firearms training; handling is another.

As you train with your new firearm, keep your training realistic. Anyone can pump rounds down range quickly, but speed is often used as a mask for inaccuracy. Because a shotgun reload is slow, learn to keep a round chambered with the muzzle pointed toward the threat as you fill the magazine tube. Learn to transition to various levels and fire your weapon from various supported and covered positions.

In Sayoc Kali [a Filipino martial art that emphasizes realistic self-protection skills], we don't consider our nondominant hand a "weak hand": rather, it is our "other strong hand." In other words, learn to manipulate your shotgun from both sides of your body, because any number of scenarios that could play out might require it.

If terror finds its way to your backyard, a modified shotgun will be an excellent tool for dealing with it. Your shotgun—which has been your companion during countless hunts—will now be a reliable option if and when the American way of life is threatened. ASG

# RIDING SHOTGUN

It could be necessary to take additional security steps while in transit if terror finds its way to our streets. Because we are most vulnerable when on the move, the time-honored practice of "riding shotgun" might be necessary again. Historically, a person riding shotgun literally carried a shotgun to protect a stagecoach from robbers in transit in the wild West of the 19th

If the security need were to arise again, the shotgun might be called upon to protect a vehicle and its occupants from those looking to stop the vehicle, commandeer it or injure the

If mobility is no longer an option and lethal force is, exiting and shooting from a vehicle will require specific discipline. While it is possible to fire a shotgun from within a vehicle by shortstocking, better position and range of fire are found outside the vehicle. Handguns work well for confined spaces, but greater stopping power and range will be desirable outside the car. Because the average civilian automobile is not equipped to handle taking gunfire, staying inside one is a dangerous proposition. Before exiting, make sure to remove your seatbelt: skipping this step will disrupt your train of thought and cost you seconds of valuable time. Once out of your vehicle, standard priorities for fighting apply.

Using a pump shotgun near a vehicle means knowing how to use it over, under and around it. It means knowing how to manipulate the slide and put it on target from nonsporting positions. If you cannot practice at a range that has junk vehicles stationed, you can use snap caps and dry fire to run reps with your own car.

What is important is being trained and practiced before you need to fall back on skills and technique. Riding shotgun kept valuable packages safe before; it could be needed to keep them safe again.





 An easily adjustable sling will help with transitioning from long gun to handgun and from various positions while moving





PROACTIVE STEPS TO DEAL WITH AN ATTACK

BY JOE VOLPE

oday, we face threats from natural hazards such as fires, earthquakes, hurricanes and floods, as well as from technological hazards such as cyber attacks. We also face manmade threats such as biological and nuclear incidents, hazardous materials exposure and terrorist attacks on our own soil.

How you respond to these situations can make the difference between life and death for you and your family. You must stay calm, take a deep breath, and think clearly. Irrationality and impulsiveness can cost you your life. You will become a part of the problem instead of the solution.

How should you respond to these types of situations to protect yourself and your family?

You can prepare for natural and technological hazards by having a plan and preparing family go-kits with emergency supplies, water, food and medications you might need.

But an active shooter or terrorist attack scenario deserves a more in-depth plan.

#### "YOUR PERSON-AL AND FAMILY **SAFETY SHOULD ALWAYS BE YOUR FIRST** PRIORITY."

You need to look at the proactive steps to take at the moment of an incident, the situational analysis steps and the psychological after-effects. Debriefing is an important final step that is sometimes overlooked but can help prevent long-lasting psychological problems.

#### TERRORIST ATTACK VS. **ACTIVE SHOOTER**

What's the difference between a terrorist attack and an active shooter? The terrorist and active shooter have one thing in common: They both want to kill innocent people. An active shooter usually has no method to their selection of victims, and their situations are unpredictable and evolve quickly. They look for easy targets, so the harder you are to find, the safer you are.

A terrorist attack, on the other hand, is different, because the purpose of the terrorist is to threaten everyone to further their own political objective: The more grave their results, the better their recruiting efforts. They want to display their power and impact the policies of the federal government.

Neither of these dangers can be ignored. The best approach is to objectively observe actions—if you see something



Active-shooter situations evolve quickly, and their actions are unpredictable

that stands out, say something. This approach has led to the successful apprehension of terrorists plotting to attack the homeland and had led to arrests of potential active shooters and terrorists before they can implement an attack.

#### PREPARING FOR A TERRORIST OR ACTIVE **SHOOTER SCENARIO**

Everyone can help prevent and prepare for potential terrorist and active shooter situations. Without becoming too paranoid, it is important to understand that the odds of being involved in such an event are low, and these situations are very rare.

The sudden impact of these attacks requires that you think in advance about how you are going to respond. In the military, we were trained to rehearse what we would do if attacked. The rehearsals were meant to make our actions under certain conditions become a reflex response using muscle memory.

Your first objective is to get out of the building or area. You need to think about how you can do it safely. If you cannot get outside and away from the threat, how can you secure yourself and those with you against an attack? If you must confront your attacker, how can you do it in a way that gives you the best chance of success?

#### SITUATIONAL AWARENESS

Wherever you are, be aware of your surroundings and identify potential threats and dangerous situations. The very nature of terrorism suggests there may be little or no







warning. Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended.

Unusual behavior, suspicious packages and strange devices should be promptly reported to law enforcement or security personnel. Do not be afraid to move or leave if you feel uncomfortable or if something does not seem "right."

Learn where emergency exits are located in buildings you frequent. Take note of where exits are when you enter unfamiliar buildings. Plan how to get out of a building, subway, bus or congested public area or traffic. Identify where staircases are located. Notice heavy or breakable objects that could move, fall or break in an explosion.

Situational awareness is not just for your personal safety; it is a fundamental building block in collective security. It is a mindset more than it is a hard skill. Learn to trust your gut or intuition (Something just does not look right ... ).

We all need to be observant, even while doing other things. Terrorists plotting attacks have to follow a planning process. During that process, there are times when their plots are vulnerable.

#### **VIGILANCE**

Vigilance is a trait that cannot really be taught but is learned through life

#### "AN ACTIVE SHOOTER USUALLY HAS NO METHOD TO THEIR SELECTION OF VICTIMS, AND THEIR SITUATIONS ARE UNPREDICTABLE AND EVOLVE **OUICKLY.**"



If someone's behavior or something else seems out of place, notify someone who can do something about it.



Be aware of behavior that doesn't appear normal or stands out. such as motions. assertiveness and posture.

# HOW WILL YOU RESPOND?

Your safety is always paramount. As I mentioned at the start of this article, how you respond to a traumatic situation could make every difference between life and death for you and your family. Keep the following in mind:

- II Have an escape route and plan in mind.
- 2 Leave your belongings behind.
- Evacuate—regardless of whether others agree to follow. If possible, help others escape.
- 4 Don't attempt to move the wounded.
- 5 Prevent others from entering the area.
- **6** Keep your hands visible so responders can recognize you are not the threat.
- Call 911 when you are safely in a position to take your focus away from the situation.

experience. Alertness is the first principal of personal defense.

Practice moving your awareness level up to a focused state for short periods of time during the day. The basic level of situational awareness that should be practiced is relaxed awareness. Try playing the "What if?" game. Think to yourself, If this or that happens, what would I do?

A simple awareness drill could be identifying all the exits when you enter a building. Count the number of people in a restaurant, bus or standing in line. Look at the people around you and "guess" who they are, what they do for a living, their mood, what they are focused on.

#### SIZE UP THE SITUATION

Your personal and family safety should always be your first priority. Take a step back and size up the situation. Before you act, ask yourself some questions: What's going on? How bad is the situation, and how much worse could it get? What measures can I take to control the incident safely? What resources will I need?

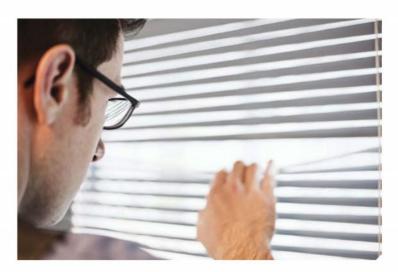
Your priority is your personal safety, and you should take self-protective measures. The first objective is to get out of the building. If you stay calm and think clearly, even in the middle of a life-or-death

> Secure yourself in a room you can lock. Barricade the door, and remain silent. Move away from any windows, and silence your cell phone.



situation, you improve your chances of survival. Visualize your movements, and use cover that can stop a bullet and concealment that will keep you out of sight. Use any available means to get out, including windows. Unfortunately, in the best case, police are minutes away—not seconds. You must take action to protect yourself. And, if you are in a position to help others without putting yourself in danger, you should do so.

If you can't safely get to an exit, you should get to a room you can lock. Wall dividers





 Emergency escape plans should be written and reviewed with all the people who might be involved.

> Although it is not the preferred option, having a concealed-carry weap on is the best one if vou have no choice but to confront an active shooter. Just don't overestimate vour skill set and be judicious when employing this option



"YOU MUST TAKE ACTION TO PROTECT YOURSELF. AND. IF YOU ARE IN A **POSITION TO HELP OTHERS WITHOUT PUTTING YOURSELF IN** DANGER, YOU SHOULD DO SO."

will not stop a bullet, but there are steps you can take to stay safe.

Barricade the doors with furniture or any heavy objects, and turn off the lights. Secure yourself in the location, and remain silent. Move away from any windows, and silence your cell phone. You don't want to alert the shooter to your presence.

After all, law enforcement's first responsibility is to stop the suspect—not render aid to the victims. Medical teams will enter the building once the suspect is apprehended or killed.

#### **DEFEND YOURSELF**

Dzhokhar Tsarnaev was convicted of planting bombs at the Boston Marathon on April 15, 2013. The ease with which the Tsarnaev brothers carried out their crime proves we can rely on the national security apparatus only up to a point.

If you can't get out of the building and cannot shelter in place, you should be ready to defend yourself. This should be your last resort. You should not make the false assumption that you can handle a terrorist or active shooter yourself.

Almost anything can be turned into an improvised weapon. Look for something that will disrupt the shooter's ability to see, breathe or control their weapon. A fire extinguisher would be a great choice, and a concealed-carry weapon would be even better.

When law enforcement arrives, they will be in a heightened state of readiness and awareness, looking for any aggressive movements. Keep your hands visible, and follow any commands they give you.

#### **DISASTER PSYCHOLOGY**

There can be a traumatizing impact and emotional toll from a near-death experience.



It doesn't matter if there was any physical harm to you or not. The emotional effect a disaster brings can sometimes be more overwhelming than the actual event.

It is not the event that will necessarily determine if the disaster will traumatically affect us. It is our *experience* of the event that will shake us up the most. We will not know how we will respond in a stressful situation until we are actually in that situation. It could be quite upsetting to find out you "froze" and couldn't respond to the disaster.

#### **DEBRIEFING IS CATHARTIC**

How can you minimize any survivor trauma symptoms? You should understand



>Terrorism might be perpetrated by foreign or home-

grown individuals or groups. Their goal is to create mass casualties,

cause fear and

disrupt critical

resources



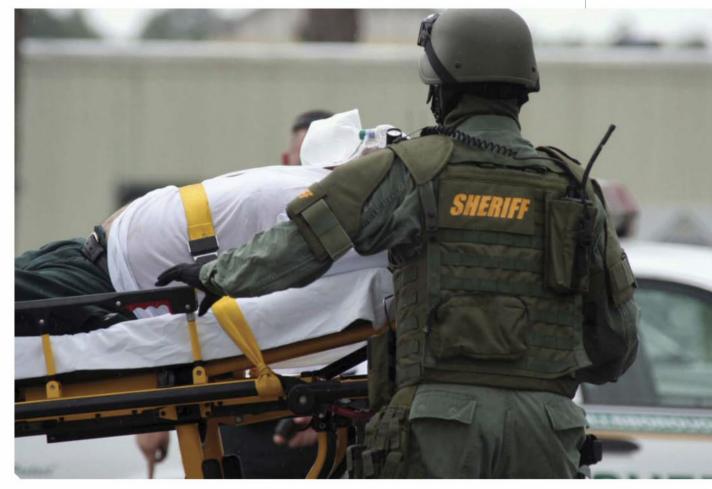
"UNFORTUNATELY, IN THE BEST CASE. POLICE ARE MIN-**UTES AWAY—NOT** SECONDS. YOU **MUST TAKE AC-**TION TO PROTECT YOURSELF."

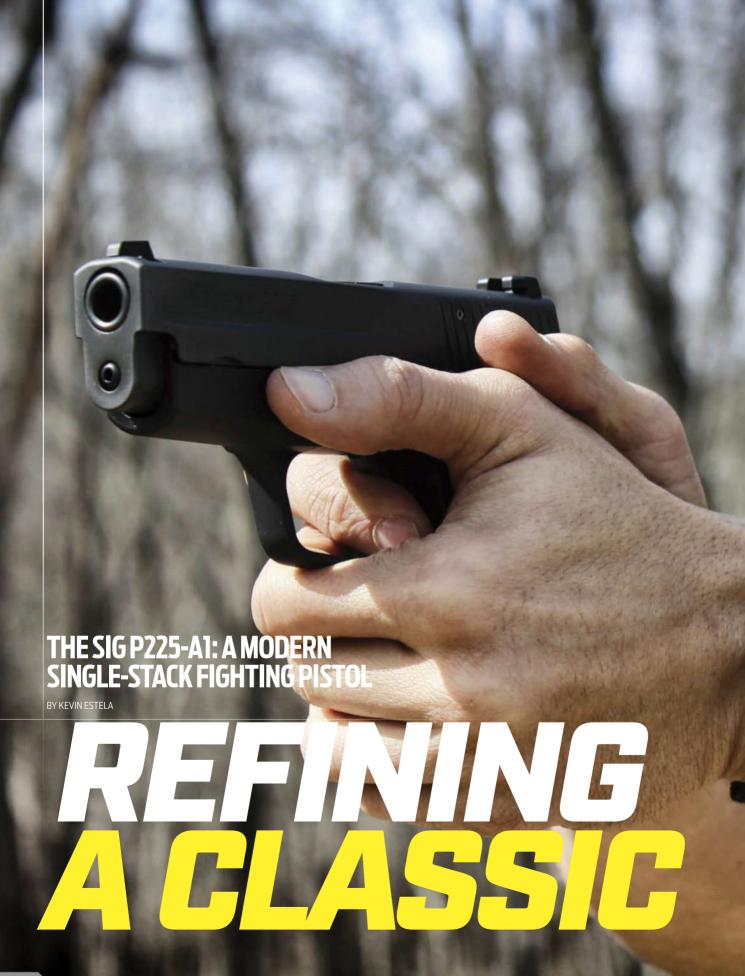
the benefits of psychological first aid. An analogy would be the first-aid care given to an injured person prior to treatment by medically trained professional.

Alternatively, psychological first aid is stress-debriefing after the critical incident. It is a formal group meeting and gathering of all the victims, emergency services personnel and volunteers. They discuss what they experienced and how they are coping with the traumatic event. Victims and rescuers, alike, can be psychologically affected by trauma from a disaster. An empathetic ear can help to psychologically stabilize some victims. ASG



A discussion of the traumatic experience can help most people. How-ever, some people will need to seek professional help.









have changed since the 1980s and '90s, and with recent FBI testing of potent 9mm loads, the need to go bigger and badder with defensive ammo choice has proven to be private citizens.

As the higher-capacity pistols took over, the SIG P225 was never introduced to the

U.S. market and could only be found on the secondary market as police trade-ins.

have changed since the 1980s and '90s, and with recent FBI testing of potent 9mm loads, the need to go bigger and badder with defensive ammo choice has proven to be an example of diminishing returns. The 9mm, as it turns out, is neither underpowered nor incapable of incapacitation, and the FBI has chosen it as the standard round for its service pistols.

Since the '80s and '90s, single-stack pistols—most notably, the subcompact offerings—have become increasingly popular, as well. Many of these pistols offer concealability at

Since the '80s and '90s, single-stack pistols—most notably, the subcompact offerings—have become increasingly popular, as well. Many of these pistols offer concealability at the expense of shootability. The P225-A1 combines SIG's proven performance and quality with the low-recoil 9mm round, a full grip the shooter can comfortably hold and a slide easily manipulated during high-stress reloads.

In certain states, the handgun carrier no longer has the option of double-stack magazines,

Since that time, the German Police Pistol

other options for a single-stack 9mm SIG

has had a loyal following, and the only

were the P239 and P938.

(The SIG P225-A1 features G10 check ered grips with SIG medallion inserts.

because arbitrary "high-capacity" magazine bans have limited the capacity of standard magazines to 10 or fewer rounds. The shooter can purchase 10-round magazines for their traditionally double-stack handgun, but the size of the magazine won't change.

With reduced capacity, it becomes a necessity, more than ever, to carry at least one reload. Spare magazine carry, often overlooked, is easier with thinner and flatter magazines carried inside the pocket than with wide-body "downsized double-stack" magazines. Legally and practically, the SIG P225-A1 makes perfect sense as a concealed-carry piece.

#### THE NEW SIG

SIG Sauer did not want to simply remanufacture the pistol it once made years ago. Instead, SIG's engineers redesigned some key features on the new pistol, making it

SIG SAUER P225

- CALIBER: 9mm
- > ACTION: DA/SA
- FINISH: Nitron
- CAPACITY: 8+1
- GRIPS: G10 with SIG medallion
- SIGHTS: Contrast or three-dot SIG night sights
- **OVERALL LENGTH: 6.9 inches**
- OVERALL HEIGHT: 5.2 inches
- > WIDTH: 1.26 inches
- > BARREL LENGTH: 3.6 inches
- SIGHT RADIUS: 5.2 inches
- > WEIGHT: 30.5 ounces—unloaded, with magazine
- MSRP: \$1,122 (contrast sights); \$1,236 (night sights)

truly different than the West German P6. For starters, the new and improved SIG Sauer P225-Al is American made. Its slide is machined from stainless steel rather than stamped, like the original. The "A" in the nomenclature denotes this. All the SIG P6s were originally made overseas and imported: this pistol is American—born and bred.

The SIG Sauer P225-Al, as tested, came equipped with the Short Reset Trigger (SRT). The Double Action Only trigger pull measured right at 10 pounds on my digital scale, and the Single Action trigger pull was a crisp 4.4 pounds, as specified from the factory. The benefit of this trigger package is the short reset, which allows for less travel in the trigger before another round can be fired. After some range time. the reset becomes predictable and easily controllable, breaking with an understood amount of pressure.

At 3.6 inches, with a six-grooved, 1:10-inch, right-hand twist, the barrel of the P225-A1 provides excellent accuracy. The sight radius is 5.2 inches, making it comparable to other midsized pistols

Speaking of sights, the three-dot SIG-Lite Night Sights are unobtrusive yet prominent enough for quick acquisition.

The barrel of the SIG P225-A1 is compatible with the SIG P239. Those wishing to equip the P225-A1 with a threaded barrel can purchase one of the "tactical" barrels designed for the P239 and use screw-on suppressors.

The trigger guard has been rounded and resembles the P239 more than the P228. The P225-A1's new trigger guard eliminates the ability to put a support finger on the serrated front of the trigger guard. Those looking to fit the P225-A1 to older









"THE 9MM, AS IT TURNS OUT, IS NEITHER UN-DERPOWERED NOR INCAPABLE OF INCAPAC-ITATION, AND THE FBI HAS CHOSEN IT AS THE STANDARD ROUND FOR ITS SERVICE PISTOLS." holsters designed for the older P6 will find the fit might not be exact. For this reason, during testing, the holster used to carry the P225-A1 at the range was the Sticky Holsters LG-6S. The SIG P225-A1 carried comfortably inside the waistband in this universal holster. The new trigger guard is undercut to give the shooter the ability for a deep, three-finger grip on the front strap checkering for better recoil management. Checkered, two-piece G10 grips come standard on the new SIG. G10 has been a popular material for knife handles for



The author reloads the SIG P225-A1. The beveled grips help with aligning the new magazine with the magazine well.

> During testing, the author used the SIG P225-A1 in a variety of shooting positions, including prone.



> SIG Sauer's V-Crown JHP ammunition performed extremely well, offering low muzzle flash, great accuracy and reliability during testing.





SIG AMMO



years and is stable in all weather conditions. It won't shrink, expand or absorb fluids as will a natural handle or grip material. The grips on this single-stack pistol are flared at the mag well opening. The beveled edges help funnel magazines into place during reloads.

Under stress, every advantage matters, and this detail can mean the difference between a loaded firearm and losing a fight.

#### **PERFORMANCE**

Having sent many rounds down range with my P220 in .45ACP (which the smaller P6 originally was scaled down to for European markets), the transition to the P225-Al was natural and very smooth. On the maiden trip to the range, I put approximately 500 rounds through the pistol and could have run through three times as many rounds with no hand fatigue. The P225-A1 is a real pleasure to

operate, and those in attendance with me at the range found the pistol solid in the hand and accurate on the paper.

Accessing the slide lock, magazine release and decocker is easy; muscle memory eliminates the need to search for them. Compared to smaller, polymer-frame, single-stack pistols, the larger aluminum frame and steel slide absorb some recoil for better follow-up shots with less "snap." Also, the full-sized slide is more easily racked with or without gloves than the smaller slides of compact. single-stack handguns. Again, stacking the advantages

in your favor increases your odds of winning a fight.

At increasing ranges (3 to 25 meters), and with different shooting positions (two-hand, strong hand and "other" strong hand), I focused on the combat accuracy of the P225-A1. Sometimes called "pie-plate accuracy," I took my time and

SIG Sauer has a reputation for world-class firearms. Just as you wouldn't put average, low-octane gasoline in a high-performance race car, you shouldn't trust your life to average ammunition. For those defense-minded folks looking for trustworthy ammunition, SIG Sauer has an answer: SIG Performance Ammunition.

For reviewing the P225-A1, SIG Sauer provided 200 rounds of its V Crown jacketed hollow-point ammunition. Its proprietary design features a stacked hollow point. Muzzle flash is reduced by using a low-flash propellant. This is noticeable when mixing generic ball ammunition with V Crown on a dark range.

An often overlooked aspect of performance is feeding and extraction. SIG uses a special coating called Ducta-Bright 7A on the brass that lubricates and prevents corrosion.

## mm V Crown acketed Hollow-Point

- · Bullet weight: 124 grain
- · Muzzle velocity/energy in foot-pounds: 1,165 fps/374
- · 25-yard velocity/energy in foot-pounds: 1,102 fps/334
- · 50-yard velocity/energy in foot-pounds: 1,061 fps/304
- · 100-yard velocity/energy in foot-pounds: 963 fps/261

\$14.99/box of 20

www.SigSauer.com

## SIG ACADEMY HANDGUN 102.5 COURSE

If you aren't a novice shooter and don't fancy calling yourself an expert, which shooting-development course is right for you?

Well, the folks at the SIG Sauer Academy in Epping, New Hampshire, have the answer. Their Handgun 102.5 course is meant for students already familiar with firearms who are interested in running practical firearms drills under professional supervision. This is not a beginner course, and students should have a working understanding of firearms safety and pistol operation.

After an initial safety briefing, the students are thrust right into training. For four hours, the instructors at the academy cover the draw from your holster, "floating the dot and breaking the shot," marksmanship, shooting position development, reloading, engaging multiple targets and more.

Expect to use approximately 250 rounds of ammunition during this course, and if the course is held indoors, expect to use frangible ammunition that is available at the Epping site.

Course tuition includes free loan of firearms, holsters and ear/eye protection. This course allows a student to try a firearm before they buy it from the SIG Pro Shop (also on site and stocked with all the latest SIG firearms, accessories and branded gear).

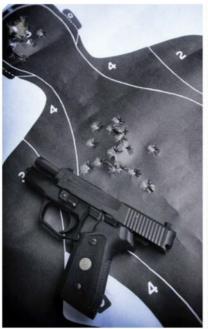
Upon successful completion of the course, students are given a certificate that includes a discount code for future courses. Of course, there are many practical take-aways the average student will also leave with, thereby ensuring safe and effective use of their firearm.

Course Cost: \$110 www.SigSauerAcademv.com

put rounds on target consistently and to my satisfaction. Using combinations of NRA B-8 targets, as well as IDPA-style targets, I worked in strings of 17 rounds (eight plus one loaded and one reload).

As expected, the initial double-action (DA) shot broke slightly off center but well within acceptable accuracy for

#### "...THE ENGINEERS AT SIG REDESIGNED SOME KEY FEATURES ON THE NEW PISTOL, MAKING IT TRULY DIFFERENT THAN THE WEST GERMAN P6."

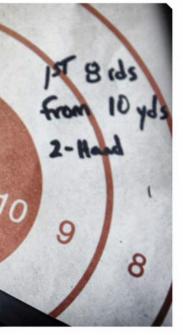




The author found the SIG P225-A1 to have exceptional combat accuracy and was able to keep all rounds on target from 10 yards—with twohand, strong-hand or "other" strong-hand shooting grips.



The first eight rounds fired from the SIG P225-A1 during testing. The first few rounds were high and then consistent from 10 yards in a standing position. The pistol's DA trigger was long but predictable, and SA broke cleanly.



self-defense. Follow-up SA shots were extremely tight and are attributable to the clean SRT Trigger

Action. No malfunctions were noticed throughout my initial breakin period and multiple trips to the range.

An observation for those potentially interested in the P225-A1: While using the pistol in a "night stand" drill, for which a master grip is achieved from a pistol lying on its side (like a pistol on a night stand) rather than a holster, the P225-A1 was easily grabbed and came up on target quickly. There was almost no fumbling for this pistol, compared to reaching for smaller pistols. When the trend in the firearms industry has been to go smaller and smaller, there is merit to a real midsized pistol that smaller firearms cannot provide.

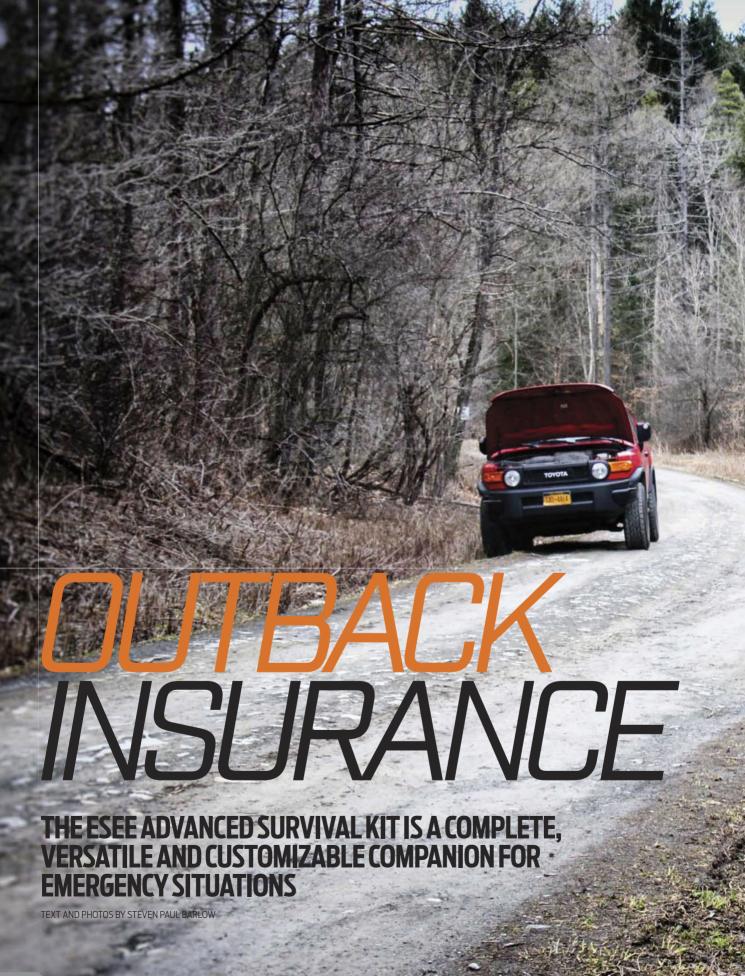
Also, because the firearm is not equipped with a rail (a railed version would be my suggestion for SIG Sauer), a good-quality flashlight needs to be carried as a rail-mounted weapon light. This is another reason to practice one-hand shooting drills, because low-light situations will require the support hand to acquire the target with a handheld flashlight.

The new P225-A1 is a welcome addition to my firearms collection. Because of its fantastic ergonomics, great accuracy, easy manipulation and total reliability, I do not hesitate reaching for this pistol for concealed carry, to teach others at the range or simply enjoy a day of shooting. This pistol surpasses my expectations of a defensive handgun in terms of minimum magazine capacity, sight radius and reliability.

SIG Sauer's latest pistol will certainly find a niche in the firearms community. Even though the P225-A1 is a newly designed firearm, it is in the "Classic" lineup; and with the continued performance it gave me and will give others, it will soon rightfully grow into its name. **A5G** 









he reason I don't normally carry ready-made survival kits is simple: Most of them are junk.

Gear that breaks or that simply fails to perform in a critical situation is not only disheartening; it can cost you your life. Many pre-assembled kits compromise on quality for the sake of compactness or cost.

There are exceptions. A notable one is the ESEE Advanced Survival Kit, designed by the experts at Randall's Adventure & Training. I got my hands on one recently and found that it is a high-quality, thoughtfully conceived and very complete package.

#### **ALL-IMPORTANT COOK POT**

I've always assembled my own kits with gear I've tested in hard use. A key component of those kits has always been a cook pot with a lid that serves as a hard-sided container to house and protect the smaller items of the kit.

The ESEE Advanced Kit comes in a large

Cordura pouch, available in either orange or olive drab. It includes detachable straps that can be rigged so the kit can be carried as a backpack or shoulder bag. There are MOLLE gear-attachment points to add gear as needed.

As with my own kits, the centerpiece of this kit is the company's Mess Tin Kit, which is also available separately. It has a lid and handle, and it, too, is packed with essential survival gear.

The ESEE Advanced Survival Kit comes with detachable straps that can be configured so the kit can be carried as a shoulder pouch or backpack. MOLLE attachment points allow for further customization



> Below: The ESEE Advanced Survival Kit is packed with top-quality gear that addresses all the basic needs for survival.



"... THE ESEE ADVANCED SURVIVAL KIT, DESIGNED BY THE EXPERTS AT RANDALL'S ADVENTURE & TRAINING ... IS A HIGH-**OUALITY, THOUGHTFULLY CONCEIVED AND VERY COMPLETE PACKAGE."** 

Of course, the tin is more than just a container; it is an important piece of gear: It gives you the ability to boil water for purification. It also allows you to prepare soups and stews with any wild edibles you gather to get the most food value out of them. In addition, the tin provides a way to keep hot fluids in you to stave off hypothermia.

#### A VERY COMPLETE KIT

There is duplication built into this kit that can help ensure your success in several critical areas. For fire starting, there's a large fire steel (ferrocerium rod) and striker. But the kit also contains waterproof matches and a Fresnel lens as other fire-making options.

To catch and hold a spark, there is a pack of Tinder-Quik fire tabs. For more-challenging conditions, there are also two packs of Utility Flame gel that light easily and burn for about 15 minutes each.

Included in the kit is an ESEE-4P, which is a great all-around, fixedblade knife. There is also a Victorinox Hiker folding knife in the mess tin. Among its tools is a wood saw. The kit also includes a pocket wire saw.

Many items in the kit are designed for double duty. For instance, there is a 5x5-foot orange tarp with loops around the edges to run line. You can use the tarp to rig a shelter, signal for help or fashion it into a bag with the snaps along its edges. There are quart-sized plastic bags to serve as containers for water or wild edibles and large, 45-gallon trash bags that can be stuffed with insulating material. They are bright yellow and can also be used for signaling.

There's a 25-foot coil of heavy-duty rope and a carabiner that can be used to rappel short, steep distances or rig the tarp into a shelter. Included also are a 30-foot length of small cord and 100-foot spool of trip line for additional cordage.



# ADVANCED SURVIVAL KIT

- Cordura kit bag, orange or OD
- ◆ Detachable map case
- Fishing kit in small tin
- H bandage
- Navigation and survival cards in small tin
- **←** ESEE 4P knife
- 42 quick-disconnect keyrings
- 4 1-quart water bags

- <2 survival blankets (orange/silver)</p>
- C25 feet of 8mm load-rated Prusik rope
- <24 kiloNewton (kN) load-rated</p> carabiner
- Yalumi dual 4012 headlight
- vellow 45-gallon trash bags
- Orange tarp/bag with snaps, 60x60 inches

(with handle and cover and secured with heavy-duty rubber bands)

- Snare wire
- Tinder-Quik fire tabs
- Rapid Rescue orange whistle
- Pocket wire saw
- Duct tape
- Fresnel lens
- <30 feet of small cordage</p>
- ⟨Pencil
- Rite in the Rain notepad
- 2 Brite Strike green APALS lights

- ⟨Potable Aqua water-purification tablets
- ✓ Victorinox Hiker Knife
- Suunto A10 compass
- Waterproof matches
- Emergency signal mirror
- Utility Flame packets
- Large fire steel (ferrocerium rod) with striker
- <100-foot spool of Kevlar trip line





> A fire can go a long way in helping you survive a critical situation. The ESEE kit provides several ways to help you get a fire going.





> Within the Cordura pouch is a mess tin with a handle and cover. The tin is an important part of the kit, because it can be used to boil water to purify it for cooking, as well as keep your body heated with warm fluids.

Besides all the bright-colored gear to attract rescuers, there's a signal mirror and a whistle. For self-rescue, there's a detachable map case and a full-sized Suunto A10 compass.

To procure food, the kit contains a small tin stocked with fishing gear (hooks, lures, floats, sinkers, line), as well as a length of snare wire. Another small tin contains navigation and survival cards with key information covering the basics for emergency situations. Either of those small tins can be configured for use in making char cloth.

You will discover a headlamp and



three sets of batteries for lighting in this kit. There are also two APALS lights (all-purpose adhesive light strips) to mark your way in the dark. While they were designed for tactical situations, you can use them if you need to stray a short way from your camp to collect more firewood.

Additional gear includes an H-bandage trauma dressing, pencil and Rite in the Rain notepad. There are two quick-detach key rings to secure gear or rig triggers for certain types of traps. Also inside are two needles and a Cordura patch, duct tape for repairs and a bottle of Potable Aqua water-purification tablets.

#### **CUSTOMIZE IT**

All of this is jam packed into the pouch, which weighs about 5 pounds. Add much more gear to it, and it will become a camping outfit instead of a survival kit!

Still, the kit is designed to be customizable. I would suggest adding a few small items—namely a small .22 pistol, such as the North American Arms Sidewinder. I'd also add ammo, a couple of disposable lighters, a smaller secondary compass, tube of antiseptic ointment and a few adhesive bandages. I might also strap a water bottle to the outside of the kit.

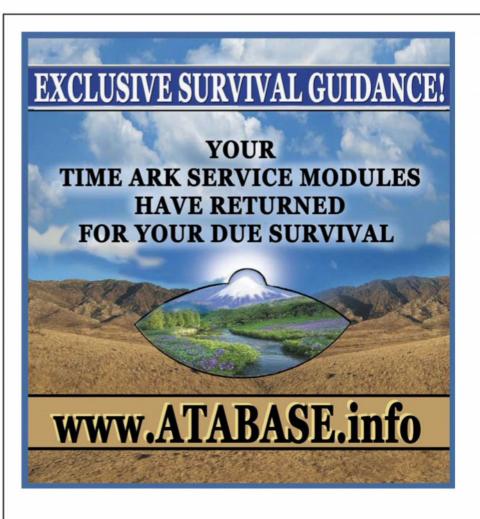


Jeff Randall and Mike Perrin have been running Randall's Adventure & Training for about 20 years. They conduct intense jungle survival training in South America and host many other survival and rescue courses in Alabama. Special military and law enforcement units, members of search-and-rescue teams and others who trek in dangerous places have long relied on the group's expertise.

Questions about how to be properly equipped always come up in these training sessions. To address these, the group eventually decided to market its own top-quality gear, including its highly regarded line of ESEE knives. All gear is extensively tested in the prototype stage before it is offered for sale.

For additional information about these courses, contact www.RandallsAdventure.com.









> The kit includes a large, top-quality fire steel that can be used to light hundreds of fires provided you have suitable tinder.



One small tin in the kit contains fishing gear that includes line, floats, hooks, sinkers, several lures and bait.

"WHEN YOUR SURVIVAL IS ON THE LINE, THAT'S NOT THE TIME TO COMPROMISE ON QUALITY FOR THE SAKE OF ECONOMY."





BE A LIFESAVER ... "

C The ESEE Advanced Survival Kit is the perfect addition to any off-road vehicle-fruck, snowmobile or ATV-and can be a lifesaver for anyone who might become stranded in out-of-the-way

#### **SOURCE**

- 2 ESEE KNIVES (256) 613-0372
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"THIS ESEE ADVANCED KIT— OR EVEN THE MESS TIN KIT

COMPONENT, ALONE—WOULD BE A GREAT ADDITION TO ANY OFF-ROAD VEHICLE, SNOWMOBILE, ATV OR BUSH PLANE AND COULD

#### THE KIT IN USE

I took the kit to the woods to "set up camp." The kit stores easily in a trunk or under a car seat and carries easily with the provided adjustable straps.

I used the rope to string the tarp between two trees as a shelter. Inside, I placed the trash bags as a ground cloth and placed the emergency blankets on top. Had I decided to spend the night, I would have stuffed those trash bags with dry leaves for insulation.

The ESEE-4P knife worked well at preparing my kindling, as well as sharpening stakes to secure the tarp, clearing my site of eye-poking branches and other cutting chores. I started a fire in short order with the fire steel and one Tinder-Quik tab. The mess tin provided in the kit served as a stable platform to place over hot coals for cooking.

The wire saw worked well. As long as each side of these saws is pulled at an equal angle—not pulling one end off to the side— a surprising amount of cutting chores can be accomplished without risk of snapping the wire.

All in all, there wasn't a point at which I felt I was lacking any gear I really needed.

#### **OUALITY GEAR IS IMPORTANT**

When your survival is on the line, that's not the time to compromise on quality for the sake of economy. The ESEE Advanced Survival Kit is not cheap at its suggested retail price of \$710, although I suspect the "real-world" price will be much less.

Being prepared can take the "emergency" status out of many unexpected situations, and good gear is essential when the odds are stacked against you. It can also provide a measure of confidence and help keep the stress of a bad situation from building up to panic levels.

This ESEE Advanced Kit—or even just the Mess Tin Kit component—would be a great addition to any off-road vehicle, snowmobile, ATV or bush plane and could be a lifesaver if you were ever stranded and on your own. **ASG** 











special edition known as the Bel Air met that requirement.

VINTAGE."

The Kimber Micro is an ultra-compact semiautomatic pistol that operates just like a 1911, except for the lack of a grip safety. Pistols of the 1911 genre are single-action models that must be cocked manually to fire the first shot, but they feature the thumb-activated safety mounted on the left-hand side of the frame. Unlike most compact .380 Auto pistols, the Micro does not have a fixed barrel.

#### THE MICRO STYLE

The most striking feature of the Kimber Micro Bel Air is its appearance. The slide is made of highly polished stainless steel. whereas the frame is made of aluminum that has a Bel Air blue finish. To complement these parts, the grip panels are made of an ivory-colored polymer. The combination of bright metal, turquoise-green frame and white grip panels reproduces the popular color scheme of a Chevrolet Bel Air of 1956-1957 vintage. The Kimber Bel Air is a handgun with a truly striking appearance.

In addition to the Bel Air, several other versions of the Micro are available. These include the model that features metal with a matte-black finish and black polymer grips, as well as two-tone versions that have stainless slides, black aluminum frames and wood grips. In addition, another version features a stainless slide. polished aluminum frame and wood grips. For the connoisseur, there is the Raptor model that has special, scale-like serrations on the slide, night sights and wood grips.

#### THE BEL AIR FEATURES

Nevertheless, we did not choose the Micro Bel Air just for its beauty. The Bel Air has a 2.75-inch barrel and weighs



approximately 14 ounces. These attributes of Kimber's Micro series make them very portable.

holes in the target when shooting off

hand

The single-action firing mode and large, conveniently operated safety make it easy to use. A six-round magazine is furnished with Kimber Micro pistols, but a seven-round magazine is available as an accessory. A grip extension is part of the seven-round version, and it makes the gun easier to grip securely. Overall, the Micro measures only 5.6 inches long, 4.00 inches high and 1.08 inches thick, but it is a no-nonsense, little handgun.

Pistols in the Kimber Micro series are provided with sights that are excellent for a compact handgun. The front sight is a post of generous size, whereas the rear sight has a matching square notch. Moreover, rear faces of both the front and rear sights have serrated surfaces. The sights are easy to pick up and provide an excellent sight picture. The sight radius of the Kimber Micro measures 3.9 inches, which is sufficiently long to enable reasonably accurate shooting.

Trigger action on some small semiautomatic handguns is noteworthy for being long and gritty, but in this regard, the Micro is better than most. Although a pull of approximately 7 pounds is required to fire the gun, there is almost no takeup motion, and let-off is crisp. The Kimber Micro's trigger has a well-shaped surface; it is deeply grooved to give the trigger finger a good feel. Altogether, the trigger performance is very

In many ways, the Kimber Micro pistols have controls that mimic those of a 1911-style pistol. The thumb-activated safety, magazine release and slide release lever are located where they are found on a 1911 pistol, and they function in the same way. Even the barrel locks to the slide in a similar way by means of a locking ridge on the barrel that locks into a mating recess in the slide. The underside of the barrel has a loop through which the slide locking pin passes. When the pistol is fired, the slide and barrel move

good for a pistol of this type.

to the rear as a unit for a very short distance, after which cam action causes the barrel to drop downward to unlock it from the slide.

Although the Micro Bel Air is a compact pistol, it is easy to handle. A recoil spring requiring a pull of only 8 pounds makes it easy to cycle the slide. The Micro features a full-length guide rod, which is also a characteristic of other Kimber pistols of the 1911 style. Also, the magazine spring is flexible enough so that inserting six .380 Auto cartridges is easily accomplished.

the back strap is nicely checkered, which also helps in maintaining a tight grip on this little gun.

In order to make the Micro models more comfortable to carry, they have Kimber's Carry Melt feature—all edges on the metal parts have been rounded to remove sharp edges. Although the Bel Air we chose is not so equipped, other Micro models are available with night sights, checkered front strap, grip-mounted Crimson Trace laser sight and other options.

#### THE BEL AIR AT WORK

> The Winchester PDX1 bullet fired into

expansion.

water shows excellent

On the range, the Kimber Micro Bel Air was first tested on a target approximately 20 feet away from the firing line. The magazine was loaded with 95-grain FMJ Winchester "white box" ammunition. We proceeded to register hits on the target that were





carried and intended for use at comparatively short range. Let there be no mistake, however: It is comparatively easy to hit an 8-inch circle at 25 yards with the Bel Air.

#### **ENHANCING PERFORMANCE**

There are those who bash the .380 Auto as a defense caliber. Nevertheless, it should be remembered that the .380 Auto (also known as the .380 Kurz, .380 Browning and .380 Corto) has been used by various law enforcement and military agencies for a very long time. It was a .380 Auto pistol that was used in the assassination that led to the beginning of World War I. The .380 Auto is not the equal of a .45 Auto, .40 S&W or even a 9mm Luger, but neither is it a popgun.

One aspect of the .380 Auto that has changed over the years is the number of high-performance loads that have been introduced in that caliber. The same improvements in bullet technology that have increased the performance of calibers such as .45 Auto, .38 Special and 9mm Luger have also been incorporated into bullets for the .380 Auto.

Some of the most popular defense loads are Winchester PDX1, Federal Hydra-Shok, Fiocchi, Remington Ultimate Defense, and Hornady Critical Defense and Zombie Max. Although even these loads do not make a .380 into a .45, they do make it a far more effective caliber than do the full-metal-jacketed round-nose bullets that were the norm for many years.

#### **BEL AIR PUNCH**

After extended sessions with target ammunition to gain familiarity with the Micro Bel Air, testing shifted to using types of ammunition for more-serious uses. In the tests, we used Winchester Defend ammunition (from its Train and Defend line), Federal Hydra-Shok, Fiocchi and Hornady Zombie Max loads.

It was not a very scientific protocol, but each of these types of ammunition was fired into gallon jugs filled with water, with four jugs in a line so the bullets could be recovered. The results obtained are shown in the accompanying photos.

Upon impact, the first jug literally exploded as a result of the shock caused by the expanding bullet. In all cases, the bullets passed through the first two jugs and were found inside the third jug. True, the test medium was not flesh and bone, but the bullets showed adequate penetration. Also, all the recovered bullets showed impressive expansion.

In all cases, the first jug that was hit exploded similarly, and the second was ruptured with long tears as a result of the hydrostatic pressure generated by the bullet. Only the third jug showed a rather small hole caused by the greatly expanded bullet, which had low velocity after penetrating two other jugs filled with water.

There is no doubt that a .380 Auto can deliver serious impact.

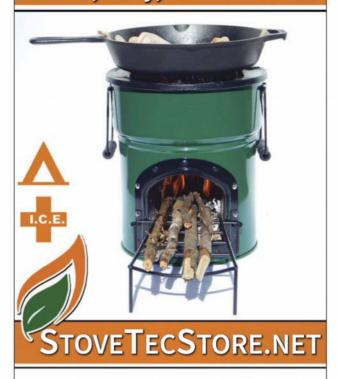
#### **OVERALL ...**

The Kimber Micro Bel Air is a beautiful, little pistol, but it is also accurate and reliable. For a 14-ounce pistol, the Bel Air gives excellent performance. **ASG** 

#### SOURCE

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REVIEW BY JD HUGHES

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# THE SURVIVALIST'S MEDICINE CHEST

BY **RAGNAR BENSON** 

s a properly prepared survivor, you probably have a wellstocked infirmary. You have everything needed to care for anything from a splinter to a gunshot wound. Your team includes a doctor and a nurse, and everyone else has been, at minimum, EMT trained. Right? Of course not.

Now, reality comes crashing in. The medical needs for you and your group are probably fairly low on the to-do list. Let's face it: You're not alone in this. Go to the forums, and read the magazines. Long-term survival medicine is one of the least talked-about subjects. Why? Probably for the same reason people refuse to go to the doctor—we don't like to think of ourselves as sick or otherwise helpless. Today, if you take a tumble, step on a nail, or get run down by a skateboarder, treatment and relief are less than an hour away in most cases.

#### THE GOLDEN HOUR

Advances in emergency medicine have created the "golden hour," which refers to the time following a traumatic injury during which there is the highest chance that prompt medical treatment will prevent death. However, in the case of a major disaster or societal collapse, that golden hour will no longer exist. Proper medical treatment, itself, will likely not exist.

Ask yourself how far your retreat is from the nearest hospital. Medical realities are scary. Most EMTs only receive enough training to keep a trauma victim alive for the trip to the hospital. Airway and bleeding are their priorities. This is not even considering long-term survival medicine needs. If there is no option of getting a person to proper—let alone, prompt—medical treatment, even a minor injury can be life threatening.

Bacterial infections, tropical fevers and diseases of all kinds are daily realities for citizens of the third world. But here, in the United States, we don't worry that we might get typhoid from unsanitary drinking water or die of gangrene from a minor wound. Here, such a wound usually means no more than a trip to the emergency room, a few stitches and a tetanus booster.

It hasn't always been that way, and author Ragnar Benson developed his survival skills when people had to be far more self-reliant. Growing up in a farming community, it only made sense: Why go to the pharmacy and pay many times the price for the same antibiotics purchased at the feed store to treat the hogs?

Ragnar Benson is the pen name of a particularly prolific survivalist author.



Since the late 1970s, Benson has written more than 40 books on many aspects of survivalism and self-reliance. His books cover a broad range, from building a retreat or, as in *The Survivalist's Medicine Chest*, using veterinary medications and vet-grade tools for long-term survival.

The book, published by Paladin Press, starts with a common-sense precaution: Jumping right in without proper training and experience will get someone killed. The suggestions put forth by Benson are intended for use only in emergency long-term survival situations. He recommends other books, such as *Where There is No Doctor* (by David Werner, Carol Thuman and Jane Maxwell) to supplement the information he provides.

After a couple of introductory anecdotes, Benson covers medical hardware, intravenous sets, needles and syringes—all of which are available at most feed stores and veterinary suppliers for fractions of the cost of the same equipment intended for human use. The same applies to many common antibiotics and disinfectants.

Finally, he covers diagnoses and treatment. *The Survivalist's Medicine Chest* is merely intended to be an introduction and to provide the survivalist with a place to start.

Maybe when things hit the fan, you won't be among the panicked crowd trying to get supplies at the local pharmacy. **ASG** 

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## VAST R D S

## THE HEROISM OF SELF-PRESERVATION

n more than a couple of movies, I've seen one soldier tell another that the way to get over fear is to accept that you're already dead. That line makes for a dramatic effect, but I'm sure everyone who has seen action didn't handle the psychological impact of being attacked quite so easily. Things are just a little more complicated than that.

However, it was just that line of thinking that led to the heroic struggle of the passengers of United 93 to take control of the plane and keep the terrorists from using it as a weapon on September 11, 2011. Several passengers had heard the news about the Twin Towers and the Pentagon being hit, and the whole group of them realized they were also going to die if they didn't take action.

Unfortunately, they were not able to successfully take control of the plane, but they did enough to keep it from its intended target in Washington, D.C., and ended up downing the plane in a peaceful meadow in Pennsylvania. They all died, but who knows how many lives they saved in the process? They went down fighting and earned the love of their nation for their sacrifice.

In this issue, we've discussed situations surrounding terrorism, mass shootings and workplace violence. People have conflicting views about whether to try to escape or to stay and fight. In most instances, the prudent thing, in most people's opinion, would be to escape (if possible) or seek some type of secure shelter. However, there comes a time when the attack is so close that there's no choice but to fight or die.

It's a melancholy thing to consider at what moment people under fire realize that solemn truth as that moment arrives—and how many actually rise to fight. These are not considerations anyone should have to make, but the world is the world, and denying its reality will not change man's nature.

Maybe our moment is now—before we have to confront the fateful decision during the fog of war. Planning ahead, being prepared and having a decisive mindset about how we will respond in such a situation might just give us an edge, if nothing else. To fight back for our right to exist, rather than kneel, might become a heroic act in and of itself, despite the motivation's origin.

Perhaps the will to fight back will buy enough time to save another's life. Or maybe it will serve as an inspiration for others to join in and

have a greater chance of surviving as a group, rather than simply dying one at a time. Once people believe they have something or someone to believe in, they find it easier to believe in *themselves*.

This musing is not meant to advise a particular course of action for anyone; it simply offers a few things to think about as we try to prepare for what life might present us down the road.

It's also an exercise to decide what we will do, as well as who we choose to be. **ASG** 







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